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SCHOOL LUNCH RECIPES FOR 100

**All main dish recipes conform to protein requirements
for Type-A meals set up by the Production
and Marketing Administration**

Issued by

BUREAU OF HUMAN NUTRITION AND HOME ECONOMICS

Agricultural Research Administration

in cooperation with

FOOD DISTRIBUTION PROGRAMS BRANCH

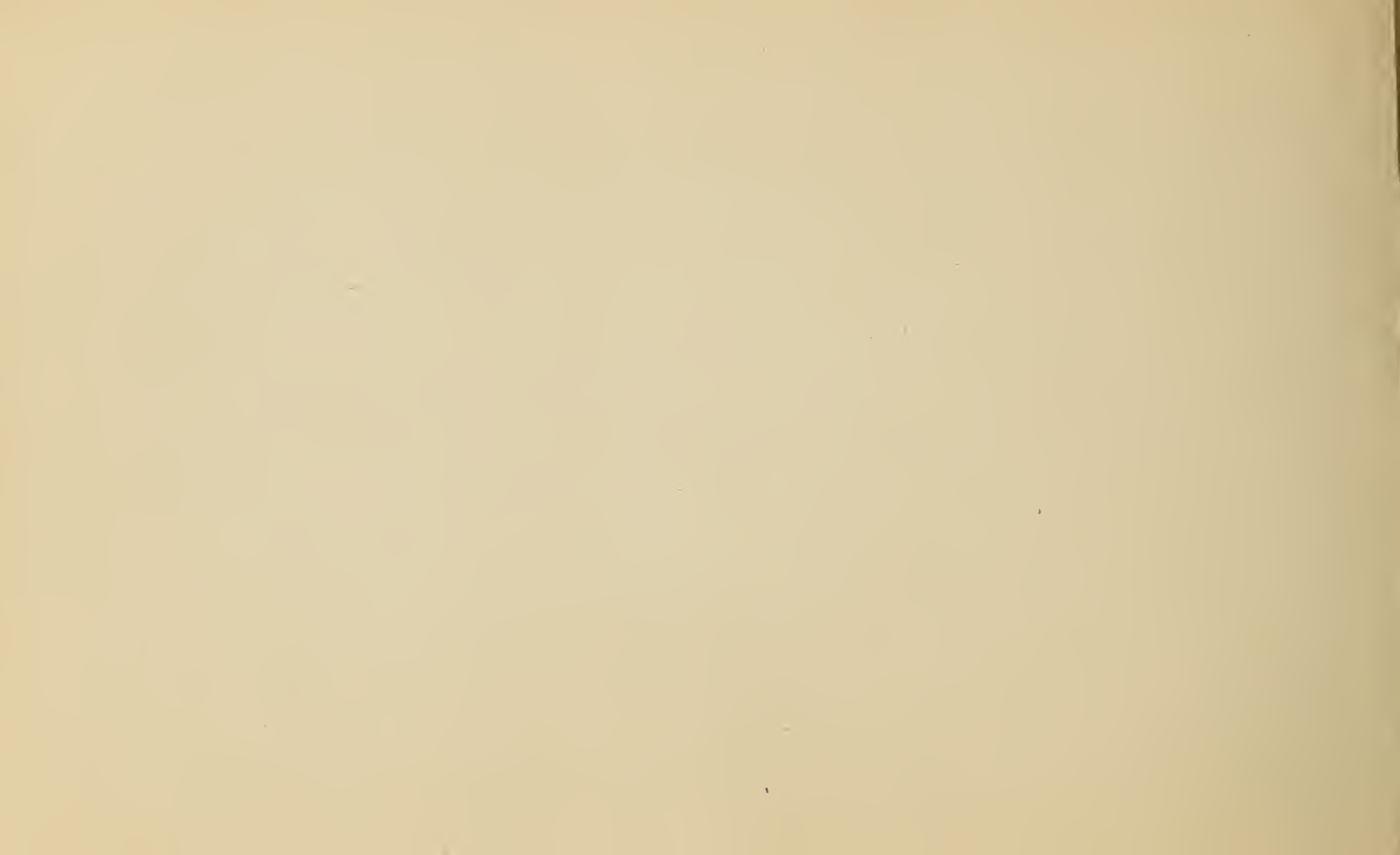
Production and Marketing Administration

U. S. Department of Agriculture

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for cooperation in assembling and testing the recipes**



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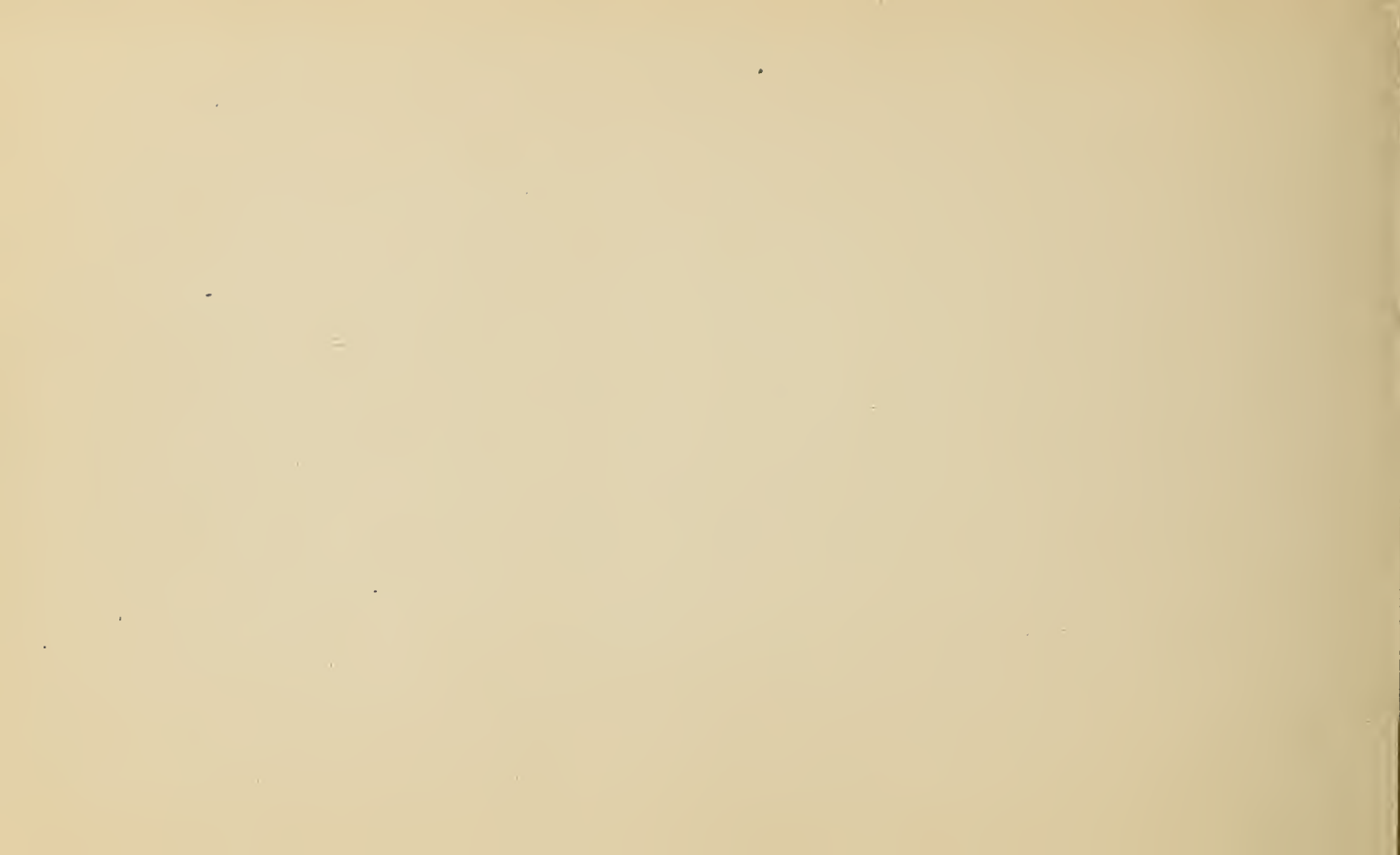
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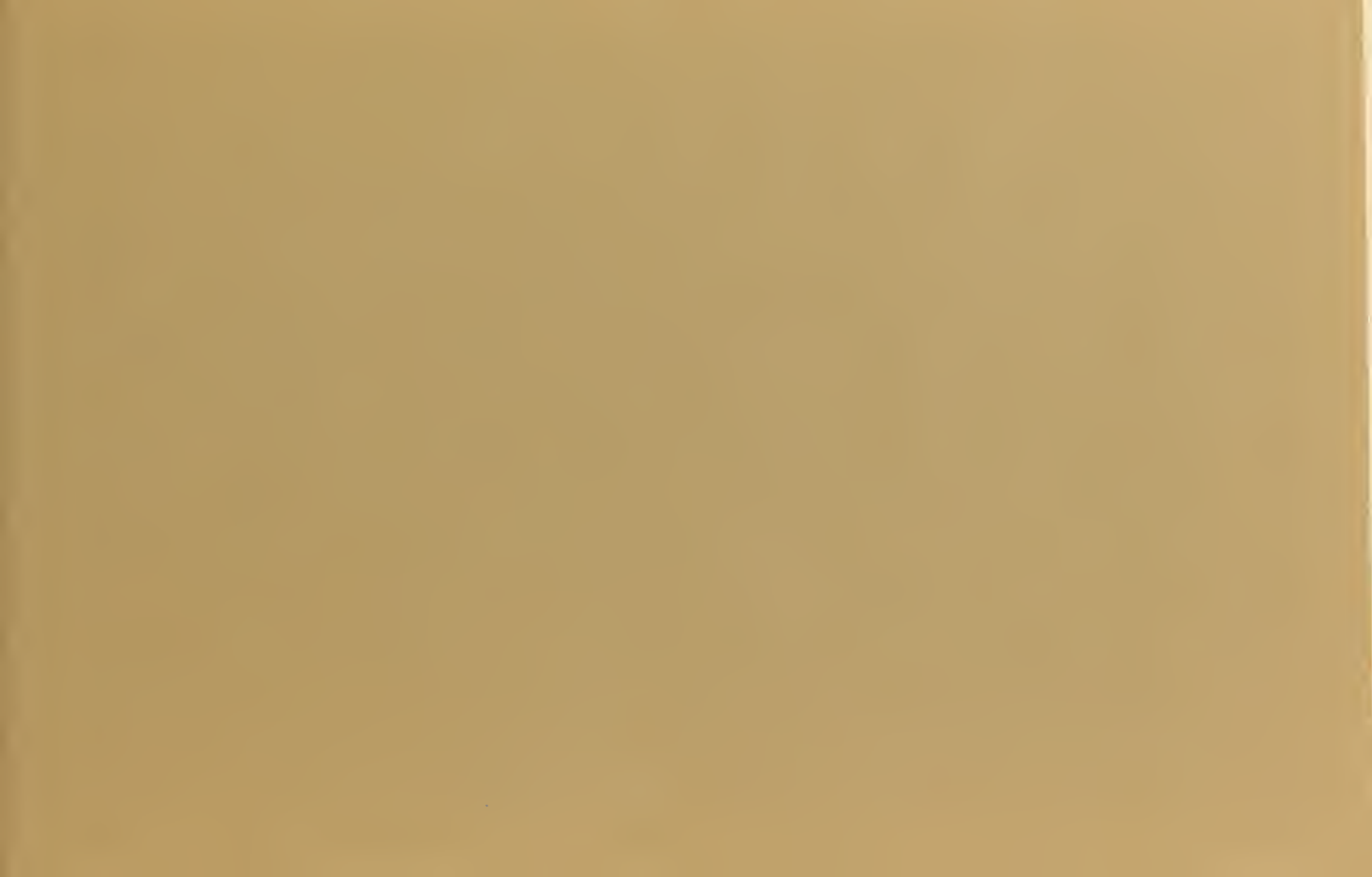
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SUGGESTIONS FOR USING THE RECIPES

Adjust for size. These recipes make 100 portions, but most of them can be increased or decreased by as much as one-half, or doubled, with satisfactory results. Figure the weight or measure of each ingredient needed to make the recipe the right size for your school and put the amount in the column at right of list of ingredients. Write in number of portions at head of column.

For a cost record. After size of recipe is adjusted to number of portions needed, figure the cost of each ingredient and enter in column provided. Then get total cost and divide by number of portions to find cost per portion.

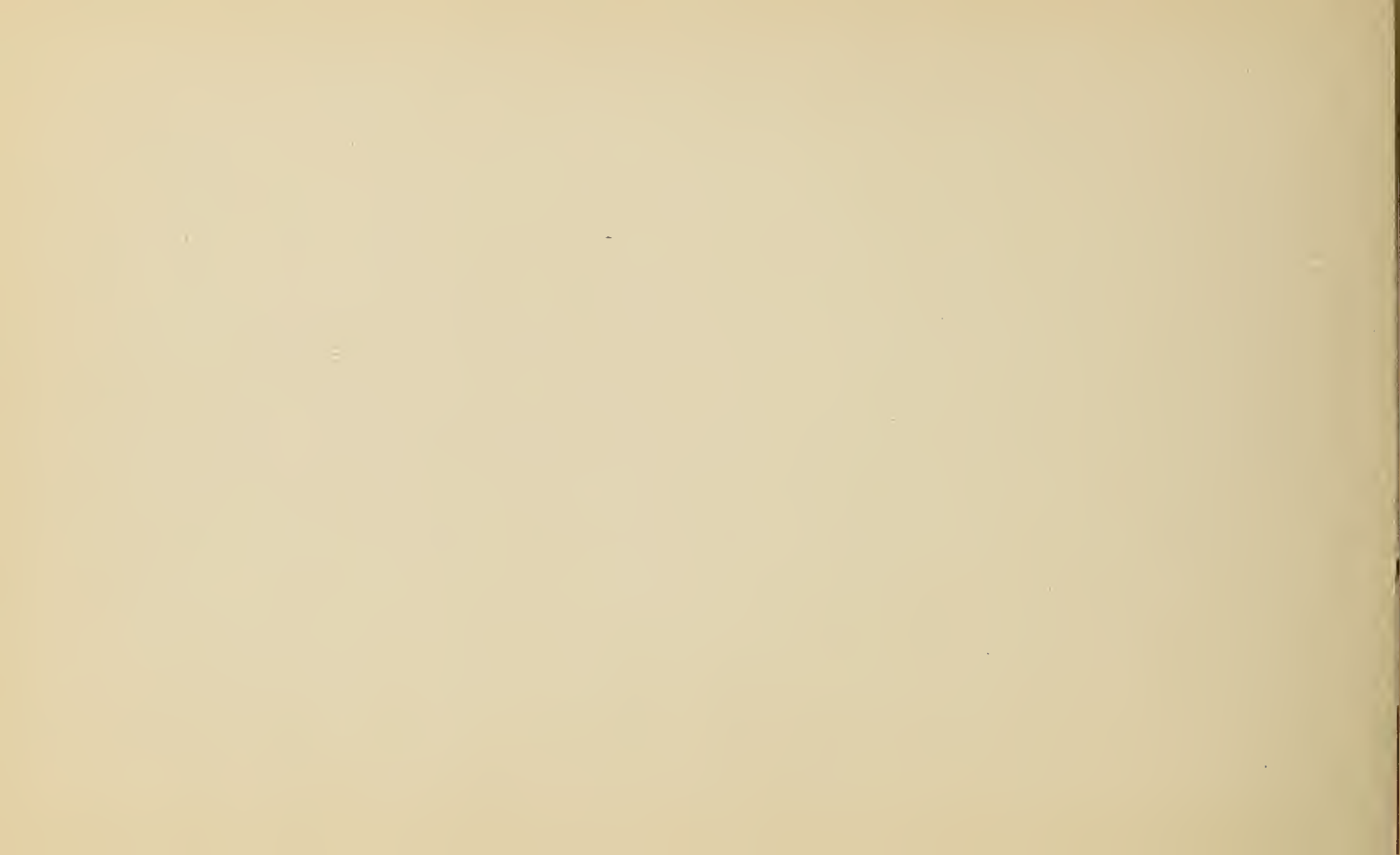
Weighing and measuring. For best results, weigh or measure ingredients accurately and follow carefully directions for combining. Weighing whenever possible is recommended because it is usually more accurate. When ingredients are to be measured, use standard measuring utensils and make measurements level.

To measure dry ingredients, dip them lightly into the measuring utensil—do not shake down. Sift white flour once before measuring; stir whole-wheat or soy flour to lighten it. Pack fat and brown sugar solidly into the measure.

When mixing by hand. Directions for most of the baked products have been written for a power mixer. If none is available, the ingredients may be mixed by hand. With hand mixing, it is usually best to make only half the recipe at a time.

To protect recipe cards. A coat of shellac or a transparent envelope of cellophane or similar material will protect the cards from dirt and grease while they are in use. If a hole is punched at the top of each card, the cook can keep the recipe hanging in front of her where she can see it easily as she works.

For ready reference. Keep the recipe cards in numbered order in a file box. Use contents card to find the number of the recipe wanted.



SCOOPS AND LADLES

Uniform servings are important if a quantity recipe is to provide a given number of portions. The persons served are better satisfied, too, when quantities are the same for everybody. The best way to measure portions so they will be uniform is to serve the food with ladles and scoops of standard sizes.

For serving school lunches, ladles of $\frac{1}{2}$ -cup, $\frac{3}{4}$ -cup, and 1-cup capacity are most used. Scoops of various sizes are also needed; they are more convenient than ladles for measuring thick mixtures.

Scoops come in sizes from No. 6 to No. 40. The number of the scoop indicates the number of scoopfuls it takes to make 1 quart. The following table shows the level measure of each scoop in cups or tablespoons.

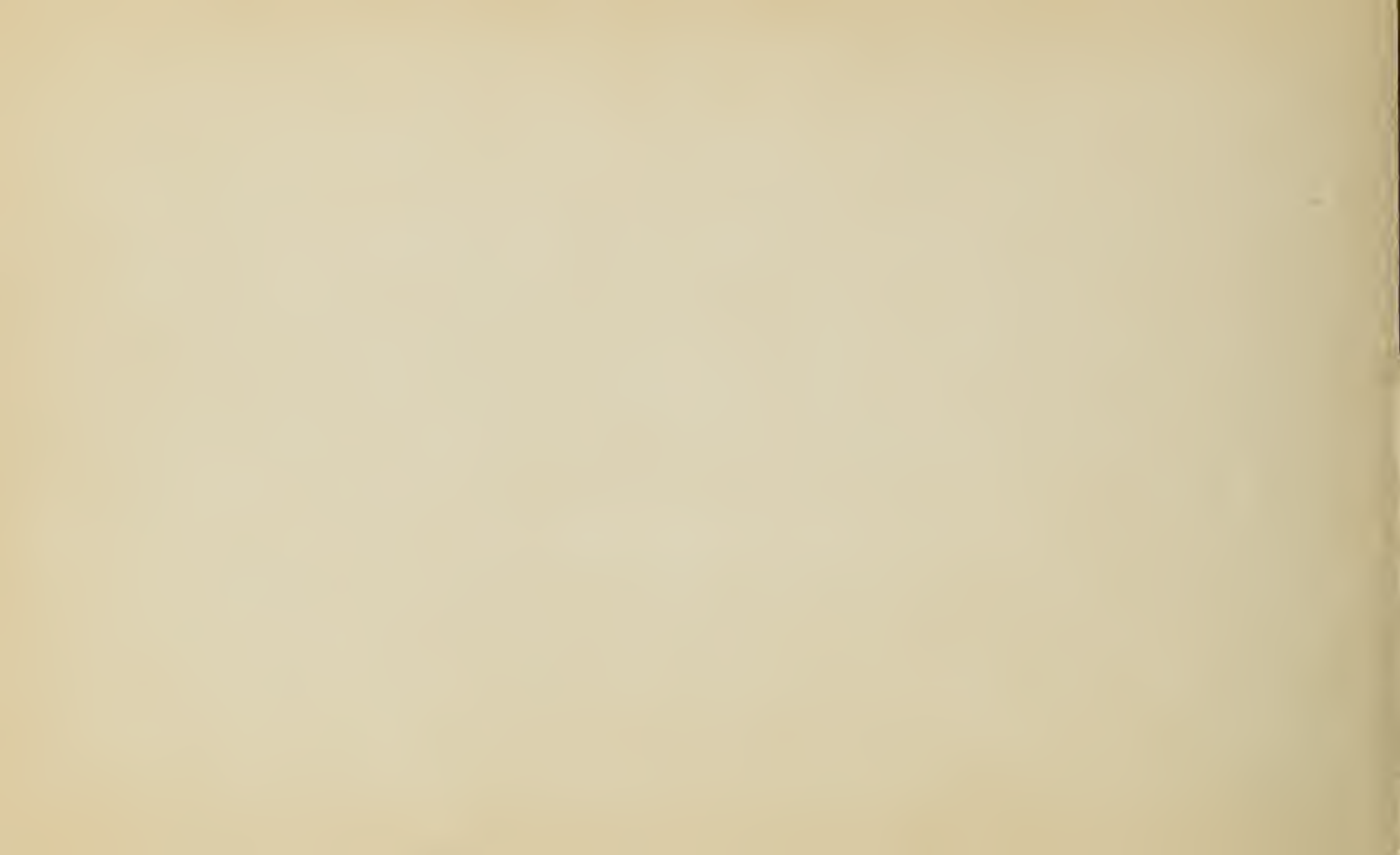
<i>Scoop Number</i>	<i>Level Measure</i>	<i>Scoop Number</i>	<i>Level Measure</i>
6	$\frac{2}{3}$ cup	20	$3\frac{1}{5}$ tablespoons
8	$\frac{1}{2}$ cup	24	$2\frac{2}{3}$ tablespoons
10	$\frac{2}{5}$ cup	30	$2\frac{1}{5}$ tablespoons
12	$\frac{1}{3}$ cup	40	$1\frac{3}{5}$ tablespoons
16	$\frac{1}{4}$ cup		



EQUIVALENT MEASURES AND WEIGHTS

<i>Measure</i>	<i>Weight*</i>
3 teaspoons.....	1 tablespoon..... $\frac{1}{2}$ ounce
4 tablespoons.....	$\frac{1}{4}$ cup..... 2 ounces
5 tablespoons plus 1 teaspoon.....	$\frac{1}{3}$ cup..... $2\frac{2}{3}$ ounces
8 tablespoons.....	$\frac{1}{2}$ cup..... 4 ounces
16 tablespoons.....	1 cup..... 8 ounces or $\frac{1}{2}$ pound
2 cups.....	1 pint..... 16 ounces or 1 pound
2 pints.....	1 quart..... 2 pounds
4 quarts.....	1 gallon..... 8 pounds
8 quarts.....	1 peck
4 pecks.....	1 bushel

*May be used for granulated sugar, salt, raisins, diced fresh tomatoes and peaches, and for most fats, meats, and liquids.



APPROXIMATE BUSHEL WEIGHTS*

<i>Food</i>	<i>Pounds</i>	<i>Food</i>	<i>Pounds</i>
Apples.....	48	Kale.....	18
Apricots.....	48	Onions.....	57
Beans, lima, unshelled.....	32	Parsnips.....	50
Beans, snap.....	30	Peaches.....	48
Beets.....	52	Pears.....	50
Cabbage.....	33	Peas, green, unshelled.....	30
Carrots.....	50	Peppers.....	25
Cauliflower.....	26	Plums.....	56
Cherries.....	56	Potatoes.....	60
Corn, sweet, in husks.....	35	Spinach.....	18
Cucumbers.....	48	Sweetpotatoes.....	50
Eggplant.....	33	Squash, medium size.....	40
Grapes.....	48	Tomatoes.....	53
Greens.....	18	Turnips.....	55

*Legal weight of a bushel of a fruit or vegetable varies in different States. These are average weights.



EVAPORATED MILK AND DRY SKIM MILK

Either canned evaporated milk or dry skim milk (non-fat milk solids) may be used instead of fresh milk in any of the recipes calling for milk.

Evaporated Milk. Evaporated milk diluted with an equal measure of water may be used the same as fresh milk.

Dry Skim Milk. One cup of dry skim milk plus 1 quart of water will take the place of 1 quart of fresh skim milk. Add 2 teaspoons butter or fortified margarine to each cup of dry skim milk if you want the equivalent of fresh whole milk.

In recipes containing a large proportion of dry ingredients, the dry milk may be mixed or sifted with the other dry ingredients and the water added with the other liquids.

In the preparation of foods such as beverages, soups, and custards it is usually best to reconstitute the dry milk—that is, make it into fluid form—before mixing it with the other ingredients.

Dry milk mixes best with very warm water. Cold or lukewarm water does not dissolve the milk readily and very hot water may cause lumping. The easiest method of mixing is to put the water in a bowl, sprinkle the dry milk over surface of water, and beat with a mixer or egg whip until smooth.

Store dry milk in a cool, dry place, in a tightly covered container.

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DRIED EGG

Dried whole egg may be used in any of the recipes calling for egg. Use water with the egg in the following proportions:

<i>Dried Whole Egg</i>	<i>Water</i>	<i>Equivalent</i>
2 tablespoons.....	2½ tablespoons.....	1 egg
¾ cup.....	1 cup less 1 tablespoon.....	6 eggs
1½ cups.....	1 pint less 2 tablespoons.....	12 eggs

For quick breads and cookies the dried egg may be sifted with the other dry ingredients and the water added with the other liquid in the recipe.

In making custards the dried egg may be sifted with the sugar and the water added to the milk.

In cake, or other recipes where the egg is added to a cooked mixture, re-constitute the dried egg by beating it with the required amount of water.

Keep dried egg in a tightly covered container in a cold place to prevent lumpiness, change of color and flavor, and loss of thickening power.

After dried egg has been mixed with water it will keep no longer than fresh eggs that have been taken out of the shell.



SOY FLOUR AND GRITS

Soy flour and grits offer a way to add protein to school meals at low cost. Soy protein has almost the same quality as that in meat, eggs, milk, cheese.

Soy flour or grits may be used in small quantities in such food products as meat dishes, baked products, cookies, soups, and sandwich fillings.

Soy products do not take the place of flour in thickening. Adding soy dilutes the flavor of other foods so that more seasonings may be needed. Since soy takes up moisture, it may be necessary to use more liquid. For these reasons it is best to follow a recipe specially devised for the use of soy flour or grits rather than to substitute these products for other ingredients in recipes.

The following recipes using soy flour or grits are included in this collection:

Soy vegetable chowder.....	No. B-5	Soy meat loaf.....	No. C-17
Soy potato soup.....	No. B-3	Soy cornstarch pudding....	No. G-15





BEAN OR SPLIT PEA SOUP

B-1

<i>100 Portions</i>	<i>Ingredients</i>	<i>----- Portions</i>	<i>Cost</i>
5 quarts, or 7½ pounds	Beans or split peas, dry		
½ cup	Salt		
1 quart	Onion, chopped		
4½ gallons	Milk and cooking liquid		
1½ cups	Table fat		
1 cup	Flour		

Portion: 1 cup.

Total cost -----

Cost per portion -----

1. Wash beans or peas and cover with cold water. Soak overnight.
2. Add enough boiling water to cover. Add salt and onion and cook, covered, until tender. Reserve cooking liquid.
3. Mash beans and onion, or press through sieve.
4. Measure cooking liquid and add enough milk to make 4½ gallons. Heat.
5. Melt fat, add flour, and blend thoroughly. Add to hot liquid and cook until thick, stirring constantly.
6. Combine all ingredients and heat through.

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CREAM OF POTATO SOUP

B-2

<i>100 Portions</i>	<i>Ingredients</i>	<i>----- Portions</i>	<i>Cost</i>
2½ gallons, or 16 pounds	Potatoes, cubed		
1 cup	Onion, chopped		
½ cup	Salt		
4 gallons	Milk and cooking liquid		
1 pound	Table fat		
1 cup	Flour		
1 quart	Parsley, chopped fine		

Portion: 1 cup.

Total cost -----

Cost per portion -----

1. Cover potatoes with boiling water. Add onion and salt and cook, covered, until tender. Drain. Reserve cooking liquid.
2. Mash potatoes and onion, or press through sieve.
3. Measure cooking liquid and add enough milk to make 4 gallons. Heat.
4. Melt fat, add flour, and blend thoroughly. Add to hot liquid and cook until thick, stirring constantly.
5. Combine all ingredients and heat through.

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SOY POTATO SOUP

B-3

<i>100 Portions</i>	<i>Ingredients</i>	<i>----- Portions</i>	<i>Cost</i>
10 quarts	Potatoes, cubed		
3 cups	Onion, sliced		
2 $\frac{1}{4}$ gallons	Water, boiling		
1 $\frac{1}{4}$ quarts	Soy grits or flour		
$\frac{1}{2}$ cup	Salt		
2 gallons	Milk		
6 tablespoons	Fat		
2 $\frac{1}{2}$ cups	Parsley, chopped		

Portion: 1 cup.

Total cost -----

Cost per portion -----

1. Cook potatoes and onion in the boiling water, covered, until potatoes are tender. Drain and reserve cooking liquid (1 $\frac{1}{4}$ gallons for 100 servings).
2. Mash potatoes and onion, or press through coarse sieve.
3. Moisten soy grits or flour with an equal amount of potato water.
4. Combine all ingredients, except parsley, and heat through.
5. Add parsley and serve.

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VEGETABLE CHOWDER

B-4

<i>100 Portions</i>	<i>Ingredients</i>	<i>----- Portions</i>	<i>Cost</i>
1 quart	Celery, chopped		
1/3 cup	Salt		
1 3/4 gallons	Potatoes, cubed		
1 1/2 gallons	Carrots, chopped fine		
3 gallons	Milk and cooking liquid		
2 pounds	Salt pork, chopped		
2 quarts	Onion, sliced		
1 cup	Flour		

Portion: 1 cup.

Total cost -----

Cost per portion -----

1. Cook celery, covered, in boiling salted water until partially tender. Add potatoes and carrots and continue cooking until vegetables are done.
2. Drain vegetables. Measure the cooking liquid, and add milk to make 3 gallons. Heat.
3. Fry salt pork until crisp and remove from pan. Brown onion lightly in the drippings and remove.
4. Blend flour with drippings and add to hot liquid. Cook until thickened, stirring constantly.
5. Combine all ingredients and heat through.

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SOY VEGETABLE CHOWDER

B-5

<i>100 Portions</i>	<i>Ingredients</i>	<i>----- Portions</i>	<i>Cost</i>
5 quarts	Carrots, cubed		
5 quarts	Potatoes, cubed		
2¼ gallons	Water, boiling		
4 pounds	Salt pork, chopped fine		
1¼ quarts	Onion, chopped		
1¼ quarts	Soy grits		
2½ quarts	Milk		
5 tablespoons	Salt		

1. Cook carrots and potatoes in the boiling water, covered, until just tender.
2. Fry pork until crisp. Remove from the fat.
3. Brown onion lightly in fat.
4. Add onion, fat, and soy grits to carrots and potatoes. Stir to blend, and boil 5 minutes.
5. Add milk, crisp pork, and salt and heat through.

Portion: 1 cup.

Total cost -----

Cost per portion -----

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VEGETABLE SOUP

B-6

<i>100 Portions</i>	<i>Ingredients</i>	<i>----- Portions</i>	<i>Cost</i>
25 pounds	Soup bones and meat		
4 to 5 gallons	Water		
½ cup	Salt		
3 cups	Onion, sliced		
2 quarts	Carrots, chopped		
1 gallon	Potatoes, cubed		
1 No. 10 can	Tomatoes		

Portion: 1 cup.

Total cost.....

Cost per portion.....

1. Add meat and bones to water and salt. Simmer, covered, 2 to 3 hours or until meat is very tender.
2. Remove meat from broth, discard bones, and cut meat into small pieces.
3. Cook down broth or add water to make 3 gallons.
4. Cook onion and carrots in broth 10 minutes. Add potatoes and tomatoes, cook until potatoes are nearly tender.
5. Add meat and continue cooking until vegetables are done.

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BOSTON BAKED BEANS

C-1

<i>100 Portions</i>	<i>Ingredients</i>	<i>----- Portions</i>	<i>Cost</i>
6 quarts or 10 pounds	Navy beans		
5 pounds 2 ounces	Salt pork		
6 tablespoons	Mustard, dry		
1 pound 12 ounces	Sugar		
1 cup	Molasses		
1/3 cup	Salt		
3 gallons	Soaking water plus fresh		

Portion: 1/2 cup.

Total cost.....

Cost per portion.....

1. Wash beans, cover with water, and soak 12 hours or longer.
2. Cut salt pork into one-third inch cubes; fry until brown.
3. Add other ingredients, except water, to beans and mix well.
4. Put beans into pots, crocks, or deep pans and add water.
5. Cover and bake 7 to 8 hours at 250° F. Uncover and brown the last hour.
6. Add extra hot water during baking, if necessary.

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BEANS IN TOMATO SAUCE

C-2

<i>100 Portions</i>	<i>Ingredients</i>	<i>----- Portions</i>	<i>Cost</i>
6 quarts or 10 pounds	Navy beans		
4 pounds	Salt pork or bacon		
½ cup	Salt		
2 tablespoons	Mustard, dry		
1 cup	Molasses		
½ cup	Vinegar		
1 cup	Sugar, brown		
2 quarts	Tomato puree, thick		
1 quart	Water from cooked beans		

Portion: ½ cup.

Total cost -----

Cost per portion -----

1. Wash beans and cover with cold water. Soak overnight.
2. Add enough boiling water to cover and cook covered until tender. Drain. Save the water.
3. Cut pork or bacon into half-inch cubes.
4. Combine all ingredients and mix well.
5. Put beans into baking pans or bean pots.
6. Bake at 350° F. 2 to 3 hours, or until beans are tender, well flavored, and browned.
7. If necessary, add more cooking water as the beans bake.

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BARBECUED BEEF

C-3

<i>100 Portions</i>	<i>Ingredients</i>	<i>----- Portions</i>	<i>Cost</i>
15 pounds	Beef, ground		
½ cup	Table fat		
½ cup	Lemon juice		
1 cup	Vinegar		
2 cups	Water		
2½ quarts	Catsup		
1 cup	Sugar, brown		
¼ cup	Onion, chopped fine		
2 quarts	Celery, chopped fine		
¼ cup	Mustard, dry		
3 tablespoons	Salt		

Portion: ½ cup.

Total cost

Cost per portion

1. Cook beef in frying or baking pans until done. Stir frequently to prevent lumping. Keep hot.
2. Make sauce by melting fat and combining with liquids, sugar, vegetables, and seasonings.
3. Heat thoroughly but do not cook enough to soften vegetables.
4. Combine sauce with cooked beef and serve on buns.

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BEEF STEW OR PIE

C-4

<i>100 Portions</i>	<i>Ingredients</i>	<i>----- Portions</i>	<i>Cost</i>
25 pounds	Beef (boneless stew meat)		
2 pounds	Flour		
¾ cup	Salt		
1 quart	Onion, sliced		
1 pound	Drippings or other fat		
4 gallons	Water		
1 gallon	Carrots, diced		
3 quarts	Celery, diced		
1½ gallons	Potatoes, diced		
No. 10 can or 3 quarts fresh	Green peas, cooked		

Portion: 1 cup.

Total cost -----

Cost per portion -----

1. Cut meat into cubes. Dredge with 1 pound flour and the salt. Fry with onion in fat.
2. When browned, add 1 gallon water and simmer until meat is nearly tender.
3. Add second gallon of water, carrots, and celery; continue cooking until vegetables are partially tender.
4. Add remaining water and the potatoes. Cook until all vegetables are done.
5. Mix 1 pound flour with extra water to pour easily and add to stew, stirring constantly until thick.
6. Add peas and cook 15 minutes longer.
7. For pie, pour stew into baking pans. Cover with mashed potatoes. Brown in oven at 425° F. Or, top portions with baked biscuits (card No. F-1) or rounds of baked pastry (card No. F-7).

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CHEESE FONDUE

C-5

<i>100 Portions</i>	<i>Ingredients</i>	<i>----- Portions</i>	<i>Cost</i>
2 gallons	Milk		
1 cup	Fat		
6 pounds*	Cheese, sharp		
1¼ gallons	Bread crumbs, coarse, dry		
3 tablespoons	Mustard, dry		
¼ cup	Salt		
1 tablespoon	Paprika		
48	Eggs, separated		

Portion: ½ cup.

Total cost -----

Cost per portion -----

1. Scald milk and melt fat in it.
2. Grate cheese and mix it with dry ingredients.
3. Beat egg yolks until light and lemon-colored; add milk and fat mixture.
4. Pour combined liquids over dry ingredients and mix thoroughly.
5. Beat egg whites until stiff but not dry; fold into cheese mixture.
6. Pour into well-greased baking pans, and set in pans of hot water.
7. Bake at 325° F. 45 to 60 minutes.

*6 quarts, grated.

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CHILE CON CARNE

C-6

<i>100 Portions</i>	<i>Ingredients</i>	<i>----- Portions</i>	<i>Cost</i>
10 pounds	Beef, ground		
2½ cups	Onion, chopped		
1 pound	Fat		
3 quarts	Tomato puree		
1 cup	Flour		
1 cup	Water		
3 No. 10 cans*	Red beans†		
¼ cup	Salt		
5 tablespoons	Chili powder		

Portion: ⅔ cup.

Total cost.....

Cost per portion.....

1. Brown beef and onion in fat.
2. Add puree, simmer until beef is tender.
3. Make a paste of flour and water; add to beef mixture, stirring constantly.
4. Add beans and seasonings.
5. Cover and cook 1 to 1½ hours until flavors are well blended.
6. Stir occasionally to prevent sticking.

*5 to 6 pounds dry beans yield about 9 quarts cooked.

†Pinto or chili beans may be used.¹

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CREAMED EGGS

C-7

<i>100 Portions</i>	<i>Ingredients</i>	<i>----- Portions</i>	<i>Cost</i>
100	Eggs		
2 gallons	White sauce, medium (card No. H-3)		

Portion: $\frac{1}{2}$ cup.

Total cost.....

Cost per portion.....

1. Cover eggs with cold water, heat slowly, and simmer 30 to 40 minutes. Drain.
2. Chill eggs in cold water.
3. Remove shells and slice eggs or cut in halves lengthwise.
4. Mix lightly with white sauce and heat.

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SCRAMBLED EGGS I

C-8

<i>100 Portions</i>	<i>Ingredients</i>	<i>----- Portions</i>	<i>Cost</i>
150	Eggs		
¼ cup	Salt		
2 tablespoons	Baking powder		
2 tablespoons	Cornstarch		
4½ quarts	Milk		
1½ pounds	Fat or oil		

Portion: ½ cup.

Total cost.....

Cost per portion.....

1. Beat eggs slightly in mixer on second speed.
2. Sift salt, baking powder, and cornstarch together. Add slowly to eggs, beating well.
3. Add milk gradually, blending with the eggs.
4. Divide egg mixture and fat into equal parts to suit size of frying pan.
5. Heat fat or oil in pan; add egg mixture and cook until creamy.
6. Lift gently from time to time for even cooking.

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SCRAMBLED EGGS II

C-9

<i>100 Portions</i>	<i>Ingredients</i>	<i>----- Portions</i>	<i>Cost</i>
150	Eggs		
$\frac{1}{4}$ cup	Salt		
1 $\frac{1}{2}$ gallons	Milk		
1 $\frac{1}{2}$ pounds	Table fat		

Portion: $\frac{1}{2}$ cup.

Total cost.....

Cost per portion.....

1. Beat eggs slightly in mixer on second speed.
2. Add salt and milk, beating well.
3. Divide egg mixture and fat into equal parts to suit size of double boiler.
4. Heat fat in double boiler; add egg mixture and cook until creamy.
5. Scrape gently from sides of pan for even cooking.

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<i>100 Portions</i>	<i>Ingredients</i>	<i>----- Portions</i>	<i>Cost</i>
2¼ quarts	Water, lukewarm		
4½ cups	Oatmeal		
16	Eggs, slightly beaten		
3 quarts	Bread crumbs, coarse, dry		
2¼ quarts	Tomato puree		
2 teaspoons	Mustard, dry		
3 tablespoons	Salt		
8 pounds	Smoked ham, ground		
8 pounds	Fresh pork, ground		
4 pounds	Veal or beef, ground	.	

Portion: 4 ounces.

Total cost.....

Cost per portion.....

1. Pour water over oatmeal, allow to stand 10 minutes.
2. Add eggs, crumbs, half the tomato puree, and seasonings; mix well.
3. Add meat and again mix thoroughly.
4. Shape mixture into loaves of 3 or 4 pounds each and place in greased baking pans.
5. Pour remaining tomato puree over loaves.
6. Bake at 350° F. 1½ to 2 hours.

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HAM SHORTCAKE

C-11

<i>100 Portions</i>	<i>Ingredients</i>	<i>----- Portions</i>	<i>Cost</i>
2¼ pounds	Table fat		
1 pound 2 ounces	Flour		
1 to 2 tablespoons	Salt		
2¼ gallons	Milk, hot		
1 pint	Parsley, chopped coarse		
10 pounds	Ham, cooked, diced		
18	Eggs, hard-cooked, sliced (card No. C-7)		

Portion: ½ cup.

Total cost-----

Cost per portion-----

1. Melt the fat, add flour and salt, and blend. Cook 3 minutes.
2. Add to milk. Cook, stirring constantly, until thickened.
3. Add parsley, ham, and eggs. Mix and heat thoroughly.
4. Serve on split corn bread, either fresh or toasted.

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LIVER LOAF

C-12

<i>100 Portions</i>	<i>Ingredients</i>	<i>----- Portions</i>	<i>Cost</i>
20 pounds	Liver, sliced		
3 quarts	Bread crumbs, coarse, dry		
1/2 cup	Salt		
1/4 cup	Onion, chopped fine		
16	Eggs, well beaten		
2 tablespoons	Poultry seasoning		
3/4 cup	Vinegar or lemon juice		
1 quart	Catsup or tomato puree		
3 1/2 to 4 pounds	Bacon		

Portion: 4 ounces.

Total cost.....

Cost per portion.....

1. Cook liver in boiling salted water 5 to 10 minutes. Drain and chop fine.
2. Put crumbs into cloth and soak in cold water; squeeze dry.
3. Mix all ingredients except bacon thoroughly, and divide into 3- or 4-pound lots.
4. Line loaf pans with thin bacon slices, pack tightly with liver mixture, and top with bacon slices.
5. Bake at 350° F. 2 hours or more.
6. Turn from pans for slicing.

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MACARONI, CHEESE, AND EGGS

C-13

<i>100 Portions</i>	<i>Ingredients</i>	<i>----- Portions</i>	<i>Cost</i>
1¼ pounds or about 1½ quarts	Macaroni, dry		
1½ gallons	Water		
2 tablespoons	Salt		
4 pounds	Cheese, sharp		
1½ gallons	White sauce, medium (card No. H-3)		
64	Eggs, hard cooked, sliced (card No.C-7)		
1 cup	Fat		
1½ quarts	Bread crumbs, soft		

Portion: ⅔ cup.

Total cost.....

Cost per portion.....

1. Cook macaroni in boiling water with the salt. Drain.
2. Grate cheese. Add to hot white sauce and stir until melted.
3. Place layer of macaroni in bottom of greased baking pan. Cover with eggs.
4. Pour cheese sauce over macaroni and eggs.
5. Melt fat and toss crumbs in it until they are well coated. Sprinkle over tops of filled pans.
6. Brown in the oven at 350° F. about 30 minutes.

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SCALLOPED MEAT AND POTATOES

C-14

<i>100 Portions</i>	<i>Ingredients</i>	<i>----- Portions</i>	<i>Cost</i>
18 pounds*	Potatoes		
1 medium	Onion		
15 pounds	Beef, ground		
1 cup	Fat or drippings		
¼ cup	Salt		
2 gallons	White sauce, medium (card No. H-3)		
¾ cup	Table fat		
3 cups	Bread crumbs, coarse, dry		

Portion: ¾ cup.

Total cost -----

Cost per portion -----

1. Peel and slice potatoes; chop onion fine.
2. Brown beef and onion in fat or drippings, adding half of the salt.
3. Combine white sauce with beef and onion mixture.
4. Place alternate layers of raw potato slices and creamed beef in baking pans. Sprinkle layers of potato slices with remaining salt.
5. Melt fat and toss crumbs in it until they are well coated. Sprinkle over tops of filled pans.
6. Bake at 350° F. 1½ to 2 hours or until potatoes are tender.

*As purchased, unprepared.

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MEAT BALLS**C-15**

<i>100 Portions</i>	<i>Ingredients</i>	<i>----- Portions</i>	<i>Cost</i>
3 quarts	Bread, dry, broken		
18 pounds	Beef, ground		
2 pounds	Pork, ground		
4	Eggs, slightly beaten		
2 pounds	Onion, chopped		
1/2 cup	Salt		
1 pint	Stock		
1 recipe	Tomato sauce (card No. H-2)		

1. Soak bread in water, press out excess moisture, and discard water.
2. Combine all ingredients except sauce.
3. Use No. 24 scoop to measure, and shape into balls.
4. Place balls in greased baking pans and brown well in oven.
5. Add water to half cover. Bake at 350° F. 30 to 45 minutes.
6. Heat tomato sauce with liquid remaining from cooking of the meat, and serve with balls.

Portion: 2 balls.

Total cost -----

Cost per portion -----

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MEAT LOAF**C-16**

<i>100 Portions</i>	<i>Ingredients</i>	<i>----- Portions</i>	<i>Cost</i>
16 pounds	Beef, ground		
5 pounds	Pork, ground		
½ cup	Salt		
1½ cups	Onion, ground		
1½ gallons	Bread crumbs, coarse, dry		
10	Eggs, beaten		
1½ quarts	Milk		
1½ quarts	Tomato juice		

Portion: 4 ounces.

Total cost -----

Cost per portion -----

1. Mix meat, seasonings, and crumbs thoroughly.
2. Combine eggs and milk.
3. Add egg mixture and tomato juice to meat and mix well.
4. Shape mixture into loaves of 3 or 4 pounds each and place in greased baking pans.
5. Bake at 350° F. 1½ to 2 hours.

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SOY MEAT LOAF

C-17

<i>100 Portions</i>	<i>Ingredients</i>	<i>----- Portions</i>	<i>Cost</i>
12 pounds	Meat, ground		
1½ gallons	Vegetable stock, tomato juice, or milk		
2 pounds	Salt pork		
2 quarts	Celery, chopped		
1 pint	Onion, chopped fine		
3 quarts	Soy grits		
1 pint	Parsley, chopped		
¾ cup	Salt		
3 quarts	Bread crumbs, fine, soft		

Portion: 4 to 5 ounces.

Total cost -----

Cost per portion -----

1. Select one kind of meat or a mixture of two or more. Blend liquid with meat.
2. Cut pork into tiny pieces and fry until crisp. Remove from fat.
3. Cook celery and onion a few minutes in the fat.
4. Add all ingredients to meat and mix well.
5. Shape mixture into loaves of 3 to 4 pounds each and place in greased baking pans.
6. Bake at 350° F. 1½ to 2 hours.

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SALMON LOAF

C-18

<i>100 Portions</i>	<i>Ingredients</i>	<i>----- Portions</i>	<i>Cost</i>
12 pounds	Salmon, canned or cooked		
1 1/4 gallons	Bread crumbs, coarse, dry		
2 quarts	Celery, diced		
1/2 cup	Onion, chopped		
1/4 cup	Salt		
1 teaspoon	Paprika		
1 gallon	Milk and salmon liquid		
16	Eggs, beaten		
1 quart	Celery, diced, cooked		
1 quart	Green peas, cooked		
1 1/2 gallons	White sauce, medium (card No. H-3)		

Portion: 4 ounces.

Total cost.....

Cost per portion.....

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1. Remove skin and bones from salmon. Drain off liquid and save.
2. Flake salmon and combine with crumbs, celery, onion, and seasonings. If lemon flavor is desired, add 1/4 cup grated rind and 1 cup lemon juice.
3. Scald milk and salmon liquid, add to beaten eggs, and combine with first mixture.
4. Fill greased loaf pans two-thirds full and bake at 350° F. 45 to 50 minutes.
5. Add cooked celery and peas to white sauce, serve over loaf.

TAMALE PIE

C-19

<i>100 Portions</i>	<i>Ingredients</i>	<i>----- Portions</i>	<i>Cost</i>
15 pounds	Beef, ground		
2 No. 10 cans	Tomatoes		
2 No. 10 cans	Corn, whole kernel		
20	Eggs, beaten		
1 gallon	Milk		
2½ quarts	Corn meal		
½ cup	Salt		
⅔ cup	Table fat, melted		
⅔ cup	Flour		
3 tablespoons	Chili powder		
1 gallon	Tomato puree		

Portion: 1 cup plus ¼ cup sauce.

Total cost.....

Cost per portion.....

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1. Cook beef in frying or baking pans until done. Stir to prevent lumping.
2. Mix cooked meat with tomatoes, corn, and corn liquid.
3. Combine eggs, milk, corn meal, and 6 tablespoons of salt. Add to beef mixture and mix well.
4. Pour mixture into greased baking pans. Bake at 350° F. 1 to 1½ hours.
5. Blend melted fat with flour and add with remaining salt and chili powder to puree.
6. Cook until thick, stirring constantly.
7. Spoon pie onto serving plates and top with sauce.



VEAL PATTIES

C-20

<i>100 Portions</i>	<i>Ingredients</i>	<i>----- Portions</i>	<i>Cost</i>
1 pint	Water		
2½ cups	Oatmeal		
15 pounds	Veal, ground		
3 pounds	Pork, ground		
1¼ quarts	Milk		
1 teaspoon	Mustard, dry		
½ cup	Salt		
2 tablespoons	Onion juice		
2½ pints	Bread crumbs, fine, dry		
6	Eggs, well beaten		

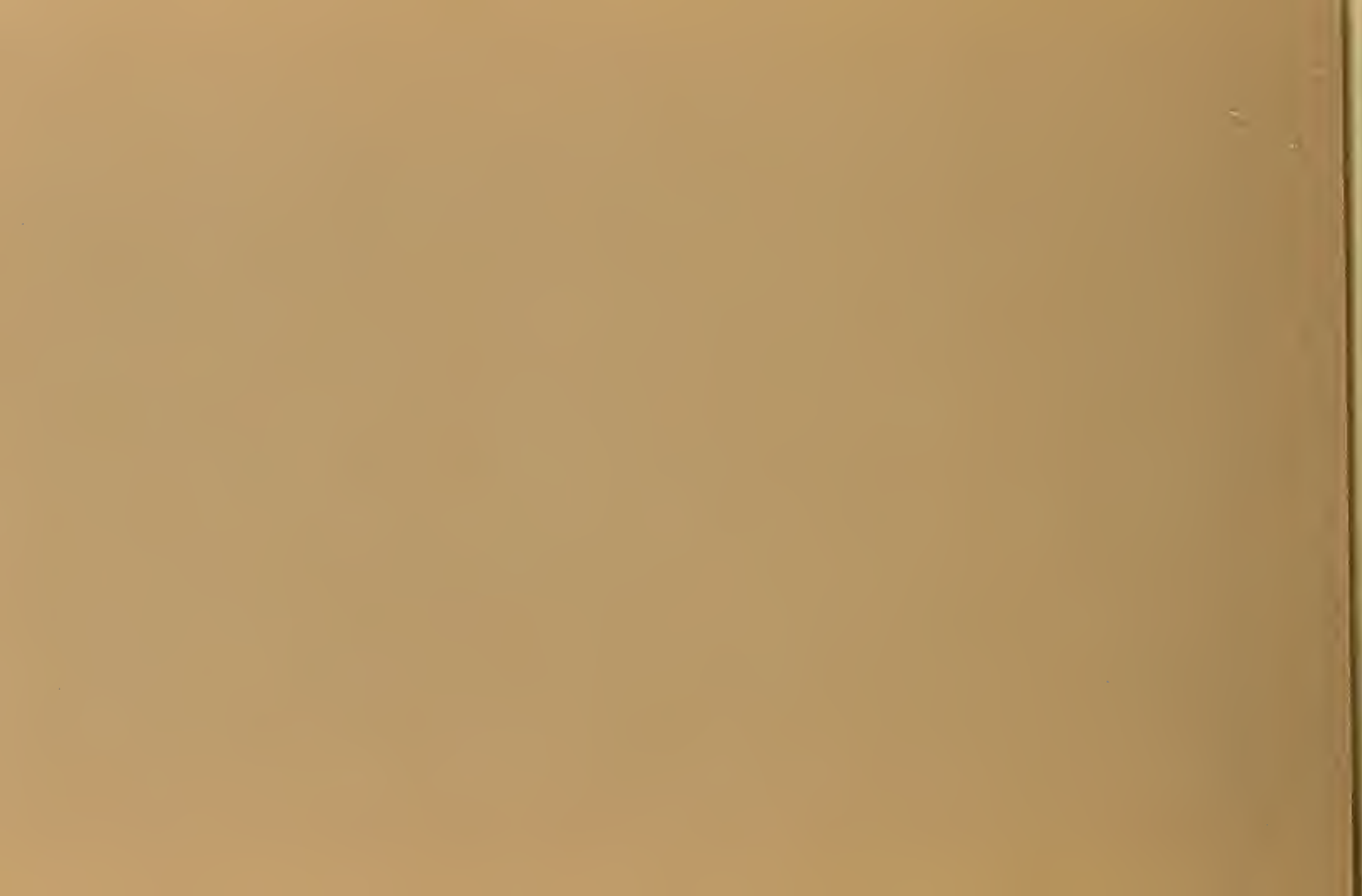
Portion: 1 patty (4 ounces).

Total cost.....

Cost per portion.....

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1. Pour water over oatmeal and let stand 15 minutes.
2. Combine the meat, milk, seasonings, crumbs, and oatmeal.
3. Add eggs and mix thoroughly.
4. Using No. 8 scoop, measure portion for each serving and shape into round, flat cakes.
5. Place on greased baking pans and bake at 350° F. until brown.
6. Add water to half cover cakes and continue baking about 30 minutes.



COOKED CABBAGE

D-1

<i>100 Portions</i>	<i>Ingredients</i>	<i>----- Portions</i>	<i>Cost</i>
30 pounds*	Cabbage		
3 gallons	Water, boiling		
$\frac{1}{4}$ cup	Salt		
2 cups	Table fat, melted		

Portion: About $\frac{2}{3}$ cup.

Total cost.....

Cost per portion.....

1. Wash, trim, and cut cabbage into wedges.
2. Divide into 10-pound lots.
3. Boil, covered, 10 to 15 minutes, using a third of the salt and a third of the water for each lot; or steam 15 to 18 minutes, sprinkling salt over cabbage.
4. Drain, and add a third of the fat to each lot of cabbage.

*As purchased, unprepared.

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GLAZED CARROTS

D-2

<i>100 Portions</i>	<i>Ingredients</i>	<i>----- Portions</i>	<i>Cost</i>
35 pounds*	Carrots		
3 pounds	Sugar, brown		
1½ cups	Table fat, melted		
2 tablespoons	Salt		

Portion: ½ cup.

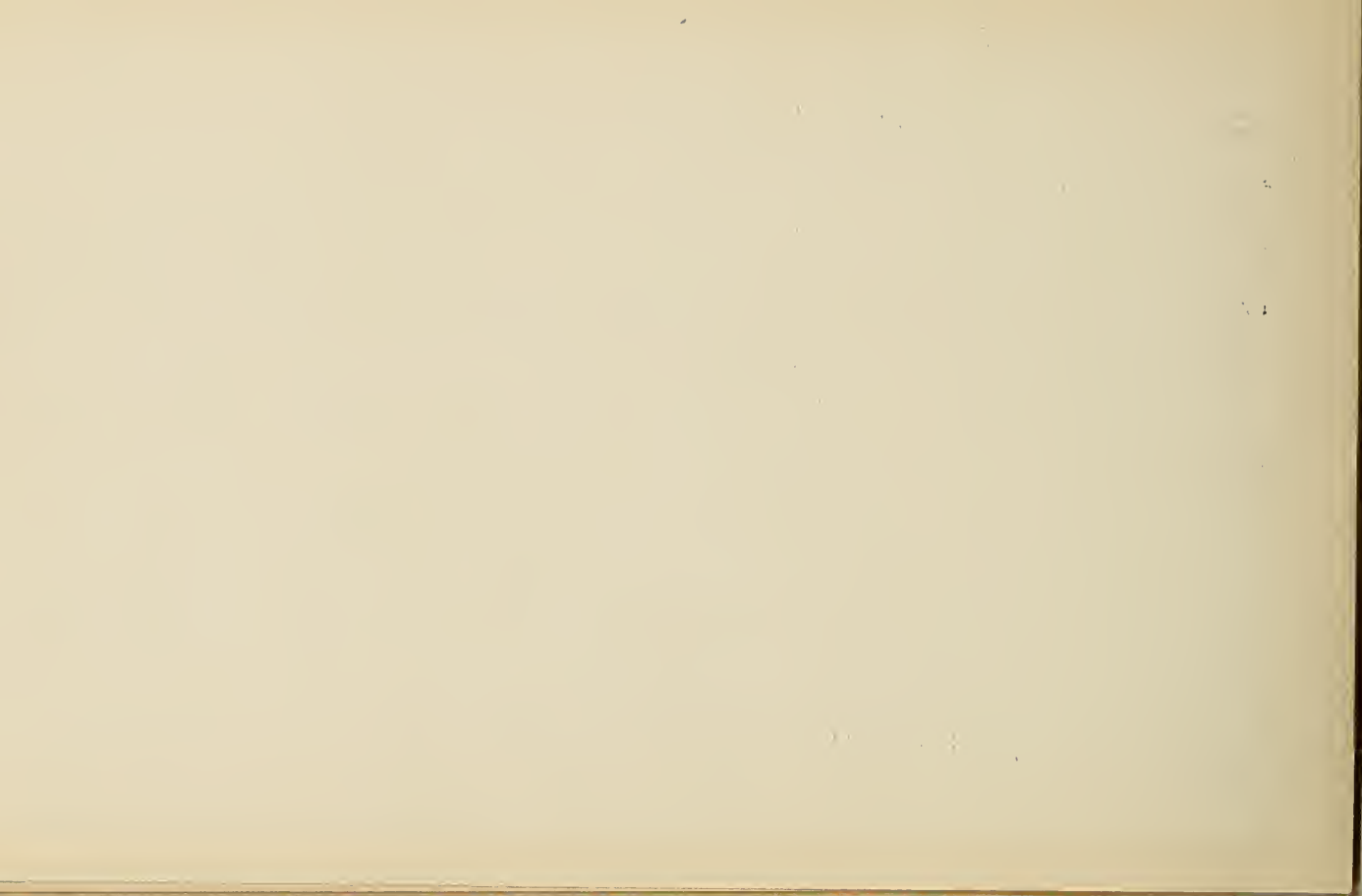
Total cost-----

Cost per portion-----

1. Wash, scrape, and cut carrots into strips.
2. Boil, covered, in salted water 20 to 25 minutes, or steam for 35 minutes. Drain.
3. Place carrots in baking pans.
4. Sprinkle with brown sugar, fat, and salt.
5. Bake at 350° F. 30 minutes.

*As purchased, unprepared.

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COOKED GREENS

D-3

<i>100 Portions</i>	<i>Ingredients</i>	<i>----- Portions</i>	<i>Cost</i>
32 to 40 pounds*	Spinach or other greens		
2 to 3 tablespoons	Salt		
2 cups	Bacon fat or table fat, melted		

Portion: $\frac{1}{2}$ to $\frac{2}{3}$ cup.

Total cost-----

*As purchased, unprepared.

Cost per portion-----

1. Remove roots and wilted leaves, and wash greens in several waters.
2. Lift from water and place in containers in about 10-pound lots.
3. Add salt, cover, and boil over low heat without added water:
spinach-----6 to 12 minutes
kale-----20 to 30 minutes
Swiss chard -----15 to 25 minutes
mustard or turnip
greens-----10 to 20 minutes
Or cook in steamer:
spinach-----15 to 20 minutes
kale-----30 to 40 minutes
Swiss chard-----25 to 35 minutes
mustard or turnip
greens-----20 to 30 minutes
4. Drain, if necessary, and add fat. Add lemon juice, if desired.

MASHED POTATOES

D-4

<i>100 Portions</i>	<i>Ingredients</i>	<i>----- Portions</i>	<i>Cost</i>
30 pounds*	Potatoes		
2 quarts	Milk, hot		
¼ cup	Salt		
2 cups	Table fat, melted		

Portion: ½ cup.

Total cost.....

Cost per portion.....

1. Peel potatoes, remove blemishes.
2. Boil or steam until tender. Drain.
3. Mash potatoes in mixer at low speed until smooth.
4. Gradually add milk, salt, and fat, beating at low speed.
5. Mix at high speed until well blended, and potatoes are light and fluffy.

*As purchased, unprepared.



SWEETPOTATOES AND APPLES

D-5

<i>100 Portions</i>	<i>Ingredients</i>	<i>----- Portions</i>	<i>Cost</i>
20 pounds	Sweetpotatoes, cooked, sliced		
5 pounds	Tart apples, peeled, sliced		
3 pounds	Sugar, brown		
2 tablespoons	Salt		
1½ cups	Table fat		
1 to 2 cups	Water		

Portion: ½ cup.

Total cost -----

Cost per portion -----

1. Place a layer of sweetpotatoes in greased baking pan and cover with a layer of apples.
2. Sprinkle with sugar and salt, dot with fat.
3. Repeat until pans are filled.
4. Add water, and bake at 350° F. 1 hour.
5. If desired, a sirup may be made of the sugar, salt, fat, and water, and poured over sweetpotatoes.

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CANDIED SWEETPOTATOES

D-6

<i>100 Portions</i>	<i>Ingredients</i>	<i>----- Portions</i>	<i>Cost</i>
25 pounds*	Sweetpotatoes, medium		
4 to 5½ pounds	Sugar		
⅓ cup	Salt		
⅓ cup	Cornstarch		
1 gallon	Water		
1½ pounds	Table fat		

Portion: ⅓ cup.

Total cost -----

Cost per portion -----

1. Wash sweetpotatoes; steam or boil until tender.
2. Drain and partially cool.
3. Mix sugar, salt, and cornstarch. Add water and boil gently for 15 minutes. Add fat.
4. Peel and cut sweetpotatoes into thick slices or halves lengthwise and place in baking pans.
5. Pour sauce over sweetpotatoes, making sure that each piece is well covered.
6. Bake at 350° F. 30 minutes.

*As purchased, unprepared.

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SCALLOPED TOMATOES

D-7

<i>100 Portions</i>	<i>Ingredients</i>	<i>----- Portions</i>	<i>Cost</i>
4 No. 10 cans	Tomatoes		
½ cup	Onion, chopped fine		
1½ cups	Sugar		
⅓ cup	Salt		
1 cup	Fat		
2 to 3 quarts	Bread, fresh, cubed		
½ cup	Table fat		
2½ cups	Bread crumbs, fine, dry		

Portion: ⅓ to ½ cup.

Total cost -----

Cost per portion -----

1. Heat together the tomatoes, onion, sugar, salt, and fat.
2. Place bread cubes in bottom of greased baking pans.
3. Pour tomato mixture over bread.
4. Melt fat and toss crumbs in it until they are well coated. Sprinkle over tops of filled pans.
5. Bake at 350° F. until mixture is heated through and crumbs are a delicate brown.

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CREAMED VEGETABLES**D-8**

<i>100 Portions</i>	<i>Ingredients</i>	<i>----- Portions</i>	<i>Cost</i>
3 quarts	Celery, 1/2-inch pieces		
1 gallon	Carrots, 1/2-inch cubes		
3 quarts	Potatoes, 1/2-inch cubes		
No. 10 can or 3 quarts, fresh	String beans, 1/2-inch pieces		
No. 10 can or 3 quarts, fresh	Green peas		
3 to 5 tablespoons	Salt		
1 1/2 gallons	White sauce, medium (card No. H-3)		

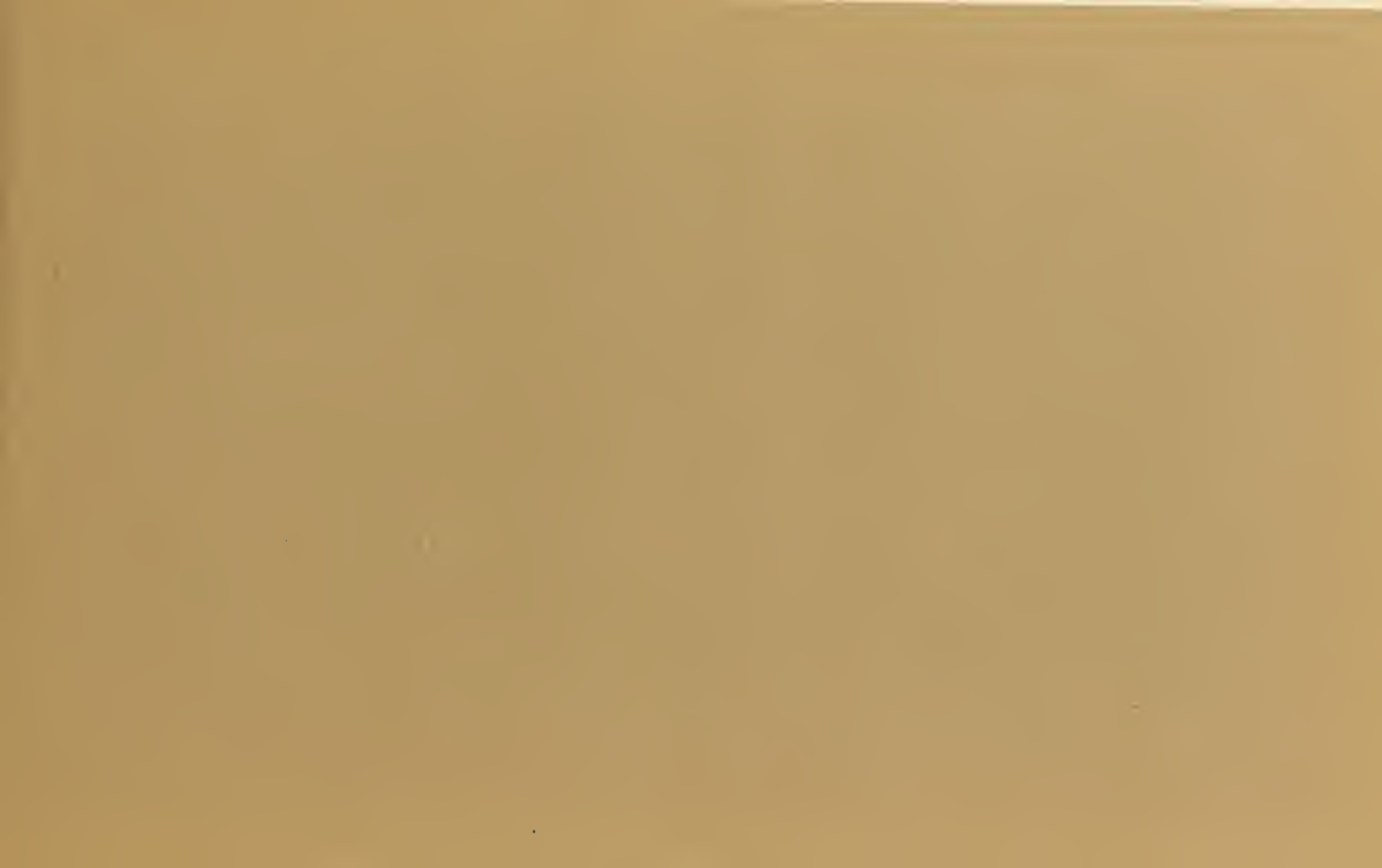
Portion: 3/4 cup.

Total cost -----

Cost per portion -----

1. Cook each of the fresh vegetables separately in boiling water with 1 tablespoon of the salt.
2. Drain all vegetables and save water for soup. Add vegetables to the heated white sauce.
3. Add more seasoning if needed.
4. Mix lightly and carefully to avoid breaking vegetables.
5. Heat mixture through.

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COLE SLAW**E-1**

<i>100 Portions</i>	<i>Ingredients</i>	<i>----- Portions</i>	<i>Cost</i>
17 pounds*	Cabbage		
3 cups	Sour cream		
1½ cups	Vinegar		
3 tablespoons	Salt		
⅓ cup	Sugar		
1½ quarts	Mayonnaise		

Portion: ⅓ cup.

Total cost -----

Cost per portion -----

1. Trim, wash, and drain cabbage. Chop fine and chill.
2. Combine cream, vinegar, salt, and sugar.
3. Add to mayonnaise and blend well.
4. Mix this dressing thoroughly with cabbage.
5. Use a No. 12 scoop to measure portions and serve immediately.

*As purchased, unprepared.

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COMBINATION SALAD

E-2

<i>100 Portions</i>	<i>Ingredients</i>	<i>----- Portions</i>	<i>Cost</i>
6 pounds*	Lettuce		
3 quarts	Celery, chopped		
1 cup	Onion, chopped fine		
2 quarts	Carrots, shredded		
1 quart	Green pepper, chopped fine		
1 gallon	Tomatoes, cubed		
1/2 cup	Salt		
1 quart	French dressing (card No. E-8)		

Portion: $\frac{3}{4}$ cup.

Total cost -----

Cost per portion -----

1. Chill thoroughly all vegetables except onion.
2. Shred lettuce and add other prepared vegetables.
3. Just before serving, sprinkle salt over vegetables, add dressing, and toss lightly until well mixed.
4. Serve immediately.

*As purchased, unprepared.

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FLAKED FISH SALAD**E-3**

<i>100 Portions</i>	<i>Ingredients</i>	<i>..... Portions</i>	<i>Cost</i>
10 pounds	Fish, cooked		
2 gallons	Celery, chopped fine		
1/3 cup	Vinegar		
1 pint	Sweet pickles, chopped fine		
20	Eggs, hard-cooked, chopped (card No. C-7)		
1/4 cup	Salt		
2 quarts	Mayonnaise		
10 heads	Lettuce		

Portion: $\frac{2}{3}$ cup.

Total cost

Cost per portion

1. Remove bones and skin and break fish into flakes.
2. Add celery, vinegar, pickles, eggs, and salt.
3. Fold in mayonnaise.
4. Serve on lettuce leaf; garnish with parsley or lemon slice.

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KIDNEY BEAN SALAD***E-4**

<i>100 Portions</i>	<i>Ingredients</i>	<i>----- Portions</i>	<i>Cost</i>
1 1/4 gallons	Kidney beans, cooked		
3 cups	Cheese, grated		
3 quarts	Celery, chopped fine		
3 cups	Pickles, chopped		
3 quarts	Cabbage, chopped fine		
2 tablespoons	Onion, chopped fine		
2 tablespoons	Salt		
1 quart	French dressing (card No. E-8)		
10 heads	Lettuce		
3 cups	Mayonnaise		

Portion: 1/3 cup.

Total cost -----

Cost per portion -----

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1. Combine all ingredients except lettuce and mayonnaise and toss together lightly.
2. Use a No. 12 scoop to measure portions.
3. Serve on lettuce leaf, topped with 1 teaspoon of mayonnaise.
4. Garnish with sprig of parsley or slice of hard-cooked egg.

* Gives 1.4 ounces protein food per serving; suitable for Type-B lunch.

POTATO SALAD

E-5

<i>100 Portions</i>	<i>Ingredients</i>	<i>----- Portions</i>	<i>Cost</i>
1½ gallons	Potatoes, cooked, ½-inch cubes		
1 cup	French dressing (card No. E-8)		
1 medium	Onion, chopped fine		
3 quarts	Celery, chopped		
2 (14 ounce) cans	Pimientos, chopped		
1 bunch	Parsley, chopped		
20	Eggs, hard-cooked, sliced (card No. C-7)		
2 tablespoons	Salt		
2 cups	Mayonnaise		
3 cups	Cooked dressing (card No. E-7)		
10 heads	Lettuce		

Portion: ⅓ cup.

Total cost -----

Cost per portion -----

1. Mix potatoes with French dressing and let stand 10 minutes.
2. Add vegetables, eggs, and salt to potatoes, reserving part of parsley.
3. Blend mayonnaise and cooked dressing. Add to potato mixture, combining thoroughly.
4. Use No. 12 scoop to measure portions.
5. Serve on lettuce leaf, garnished with chopped parsley.

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TOSSED GREEN SALAD

E-6

<i>100 Portions</i>	<i>Ingredients</i>	<i>----- Portions</i>	<i>Cost</i>
4 pounds*	Lettuce		
1 pound*	Spinach		
1½ pounds*	Watercress		
2 cups	Onion, chopped fine		
1 gallon	Cucumber, chopped fine		
2 quarts	Radishes, sliced		
½ cup	Salt		
1 quart	French dressing (card No. E-8)		
15	Eggs, hard-cooked (card No. C-7)		

Portion: ¾ cup.

Total cost -----

Cost per portion -----

1. Chill all vegetables except onion.
2. Shred lettuce. Chop spinach and watercress. Combine all vegetables.
3. Just before serving, sprinkle salt over vegetables. Add dressing and toss lightly until well mixed.
4. Chop eggs fine and garnish tops of salads.
5. Serve immediately.

*As purchased, unprepared.

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COOKED SALAD DRESSING**E-7**

<i>100 Portions</i>	<i>Ingredients</i>	<i>----- Portions</i>	<i>Cost</i>
$\frac{3}{4}$ cup	Sugar		
4 teaspoons	Salt		
$\frac{1}{2}$ cup	Flour		
$2\frac{1}{2}$ to 3 table- spoons	Mustard, dry		
24	Eggs, beaten		
$1\frac{1}{2}$ quarts	Water		
1 pint	Vinegar		
$\frac{1}{2}$ cup	Table fat, melted, or oil		

Yield: 1 gallon.

Total cost -----

Cost per portion -----

1. Mix the dry ingredients together thoroughly.
2. Add eggs, water, and vinegar.
3. Cook in double boiler until thick, stirring constantly.
4. Remove from fire and add fat. Blend well.

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FRENCH DRESSING

E-3

<i>100 Portions</i>	<i>Ingredients</i>	<i>----- Portions</i>	<i>Cost</i>
8	Egg whites		
1 cup	Sugar		
2 tablespoons	Mustard, dry		
2 teaspoons	Salt		
2 teaspoons	Paprika		
2 cups	Vinegar		
1 cup	Chili sauce		
2 quarts	Oil, salad		
1 small	Onion		
2 cloves	Garlic		
1 teaspoon	Allspice, whole		

Yield: 1 gallon.

Total cost.....

Cost per portion.....

1. Beat egg whites until stiff.
2. Fold in sugar.
3. Combine dry ingredients, add vinegar and chili sauce. Mix well.
4. Add vinegar mixture alternately with oil to egg whites, beating after each addition.
5. Chop onion fine and make cuts in garlic cloves.
6. Tie onion, garlic, and allspice in cloth and immerse in dressing for several hours.
7. Thin dressing with water to desired consistency.

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BAKING POWDER BISCUITS

F-1

<i>100 Portions</i>	<i>Ingredients</i>	<i>----- Portions</i>	<i>Cost</i>
4 pounds	Flour		
4 teaspoons	Salt		
$\frac{7}{8}$ cup	Baking powder, phosphate		
1 pound 10 ounces	Fat		
1 $\frac{1}{2}$ quarts	Milk		
$\frac{1}{2}$ to 1 cup	Table fat, melted		

Portion: 1 biscuit.

Total cost.....

Cost per portion.....

1. Sift flour, salt, and baking powder together twice.
2. Cut in fat very lightly.
3. Add milk gradually, handling as little as possible.
4. Roll or pat dough to $\frac{1}{2}$ -inch thickness and cut with 2 $\frac{1}{2}$ -inch floured cutter.
5. Brush with melted table fat.
6. Bake at 425° F. 12 to 15 minutes.

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BAKED BROWN BREAD

F-2

<i>100 Portions</i>	<i>Ingredients</i>	<i>----- Portions</i>	<i>Cost</i>
2 pounds	Flour		
1/4 cup	Baking powder		
1 1/2 tablespoons	Salt		
2 teaspoons	Soda		
2 pounds 6 ounces	Flour, whole-wheat		
2 pounds 11 ounces	Corn meal		
1 quart	Molasses		
2 quarts	Milk		
1/2 cup	Fat, melted		

1. Sift first four ingredients together twice.
2. Add whole-wheat flour and corn meal and mix thoroughly.
3. Add liquid ingredients and fat. Beat well in mixer at low speed.
4. Fill greased loaf pans two-thirds to three-fourths full.
5. Bake at 350° F. 1 hour.

Portion: About 2 by 4 inches.

Total cost-----

Cost per portion-----

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CORN BREAD

F-3

<i>100 Portions</i>	<i>Ingredients</i>	<i>----- Portions</i>	<i>Cost</i>
3 pounds	Flour		
¼ cup	Salt		
1 cup	Baking powder		
4 pounds	Corn meal, yellow		
12	Eggs, slightly beaten		
1 gallon	Milk		
1½ cups	Fat, melted		

Portion: About 2½ by 3 inches.

Total cost -----

Cost per portion -----

1. Sift flour, salt, and baking powder together twice.
2. Add corn meal and mix well.
3. Combine eggs and milk and add to dry ingredients.
4. In mixer, beat at low speed 30 seconds. Add fat and mix 30 seconds.
5. Turn machine to second speed and mix 10 seconds.
6. Fill greased baking pans one-half to two-thirds full.
7. Bake at 400° F. 25 to 30 minutes.

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PLAIN MUFFINS

F-4

<i>100 Portions</i>	<i>Ingredients</i>	<i>----- Portions</i>	<i>Cost</i>
4 pounds	Flour		
$\frac{1}{3}$ cup	Baking powder		
1 cup	Sugar		
$2\frac{1}{2}$ tablespoons	Salt		
8	Eggs, beaten		
2 quarts	Milk		
1 cup	Fat, melted		

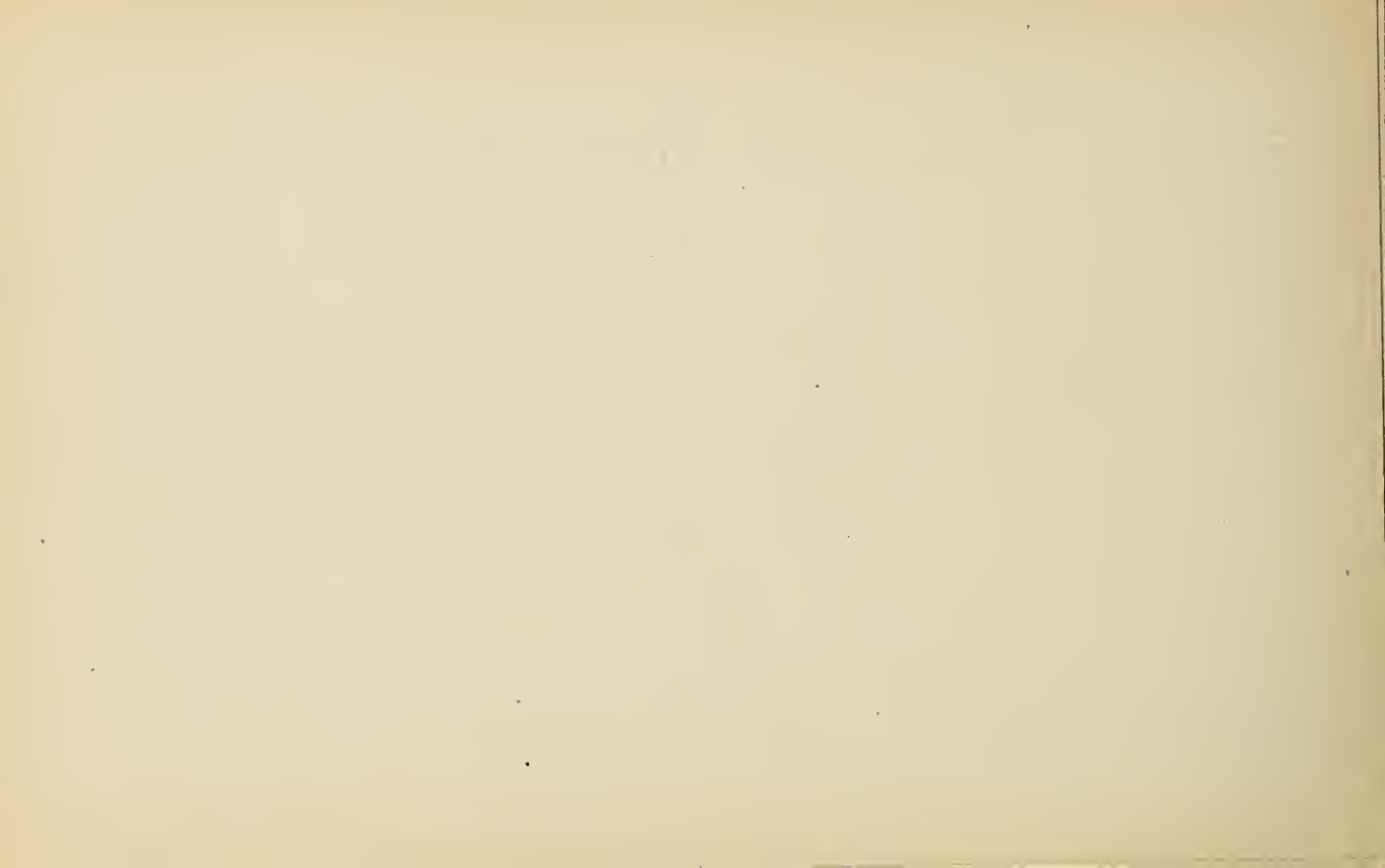
Portion: 1 muffin.

Total cost -----

Cost per portion -----

1. Sift flour, baking powder, sugar, and salt together twice.
2. Combine eggs and milk, blending well.
3. Pour combined liquids over the dry ingredients. Add fat. Mix at low speed just enough to moisten flour.
4. Use a No. 24 scoop to measure the batter into greased muffin pans. Do not fill pans more than two-thirds full.
5. Bake at 400° F. 20 to 25 minutes.

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WHITE CORN MEAL MUFFINS

F-5

<i>100 Portions</i>	<i>Ingredients</i>	<i>----- Portions</i>	<i>Cost</i>
2 $\frac{2}{3}$ cups	Flour, sifted		
$\frac{1}{4}$ cup	Salt		
1 cup	Baking powder		
8 pounds	Corn meal, white		
24	Eggs, slightly beaten		
1 $\frac{1}{2}$ gallons	Milk		
1 $\frac{1}{2}$ cups	Fat, melted		

Portion: 1 muffin.

Total cost -----

Cost per portion -----

1. Sift flour, salt, and baking powder together twice.
2. Add corn meal and mix well.
3. Combine eggs and milk. Add to dry ingredients.
4. In mixer, beat at low speed 30 seconds. Add fat and mix 30 seconds.
5. Turn machine to second speed and mix 10 seconds.
6. Using a No. 20 scoop, measure batter into greased muffin pans. Do not fill pans more than two-thirds full.
7. Bake at 400° F. 25 to 30 minutes.

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YELLOW CORN MEAL MUFFINS

F-6

<i>100 Portions</i>	<i>Ingredients</i>	<i>..... Portions</i>	<i>Cost</i>
4 pounds	Flour		
1 pound	Sugar		
1/2 cup	Salt		
1 cup	Baking powder		
2 1/2 pounds	Corn meal, yellow		
14	Eggs, slightly beaten		
2 3/4 quarts	Milk		
1 1/2 cups	Fat, melted		

Portion: 1 muffin.

Total cost

Cost per portion

1. Sift flour, sugar, salt, and baking powder together twice.
2. Add corn meal and mix well.
3. Combine eggs and milk. Add to dry ingredients.
4. In mixer, beat at low speed 30 seconds. Add fat and mix 30 seconds.
5. Turn machine to second speed and mix 10 seconds.
6. Using No. 20 scoop, measure the batter into greased muffin pans. Do not fill pans more than two-thirds full.
7. Bake at 400° F. 25 to 30 minutes.

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BAKING POWDER PASTRY

F-7

<i>100 Portions</i>	<i>Ingredients</i>	<i>----- Portions</i>	<i>Cost</i>
3 pounds	Flour		
2 tablespoons	Salt		
½ cup	Baking powder		
1½ pounds	Fat		
1½ cups	Water, cold		

Yield: 6 pounds dough.

Total cost -----

Cost per portion -----

1. Sift flour, salt, and baking powder together twice.
2. Cut in fat very lightly.
3. Add water gradually, handling as little as possible.
4. Roll dough to ¼-inch thickness and cut into desired shapes.
5. Use for cobblers or meat pies, baking at temperatures required for these products.

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APPLE CRISP

G-1

<i>100 Portions</i>	<i>Ingredients</i>	<i>----- Portions</i>	<i>Cost</i>
14 pounds*	Apples		
2 quarts	Oatmeal, uncooked		
3 pounds	Sugar, brown		
1 $\frac{1}{8}$ pounds	Table fat		
3 tablespoons	Cinnamon		
1 $\frac{1}{4}$ quarts	Water		

Portion: $\frac{1}{3}$ cup.

Total cost -----

Cost per portion -----

1. Wash, pare, and slice apples.
2. Work together oatmeal, brown sugar, fat, and cinnamon until oatmeal is coated and texture is crumbly.
3. Fill greased baking pans with alternate layers of apples and oatmeal mixture, ending with the oatmeal. Pat oatmeal mixture firmly into apples.
4. Add water carefully at sides of pans.
5. Bake at 450° F. 5 minutes. Reduce heat to 400° F. and bake 25 to 35 minutes longer. Serve with a sweet sauce or cream.

*As purchased, unprepared.

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APPLESAUCE CAKE

G-2

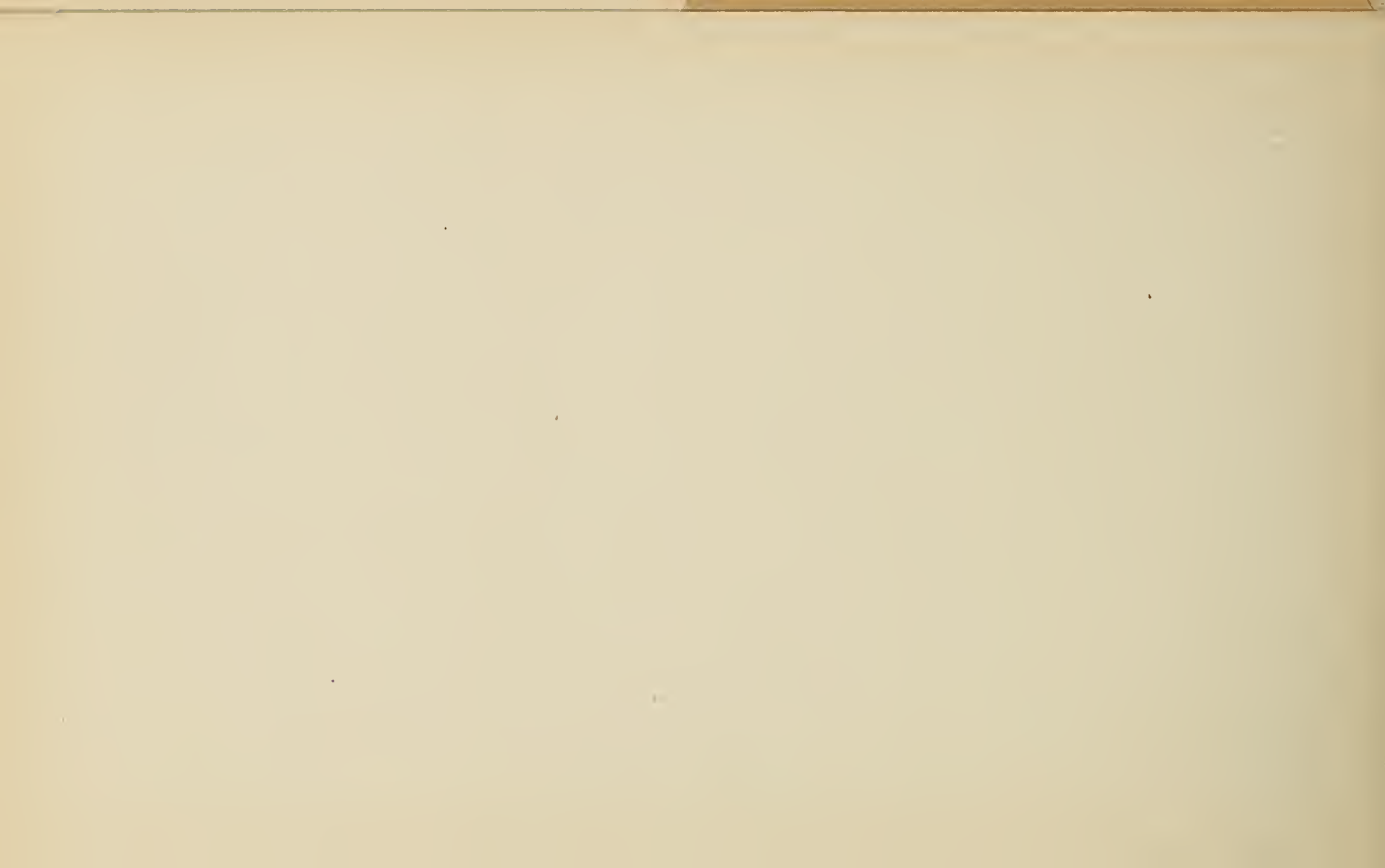
<i>100 Portions</i>	<i>Ingredients</i>	<i>----- Portions</i>	<i>Cost</i>
1 pound 14 ounces	Table fat		
3½ pounds	Sugar		
10	Eggs, beaten		
3 pounds 6 ounces	Flour		
6 ounces	Cornstarch		
¼ cup	Baking powder		
2 tablespoons	Soda		
1 tablespoon	Salt		
4 teaspoons	Cloves		
2 tablespoons	Cinnamon		
2 pounds	Raisins		
2¼ quarts	Applesauce		

Portion: 2½ by 3 inches.

Total cost -----

Cost per portion -----

1. Cream fat and sugar in mixer at low or second speed 3 to 5 minutes.
2. Add eggs and continue mixing until thoroughly blended.
3. Sift flour twice with cornstarch, baking powder, soda, salt, and spices.
4. Add about one-third of the flour mixture and all of the raisins to the creamed mixture. Mix well.
5. Add the applesauce in two portions alternately with remaining flour mixture in two portions.
6. Fill greased and floured baking pans one-half to two-thirds full. Bake at 350° F. 45 minutes.
7. If desired, 1 pound chopped nuts may be added to the batter with the raisins.



PEACH COBBLER

G-3

<i>100 Portions</i>	<i>Ingredients</i>	<i>Portions</i>	<i>Cost</i>
25 pounds*	Peaches, fresh		
^{or} 3½ No. 10 cans	Peaches, water pack		
⅓ cup	Lemon juice		
1 teaspoon	Salt		
5 pounds	Sugar		
2 teaspoons	Nutmeg		
1 cup	Flour		
½ cup	Table fat		
1 recipe	Baking powder pastry (card No. F-7).		

Portion: ½ cup.

Total cost

Cost per portion

1. Peel and slice fresh peaches.
2. Add lemon juice and mix thoroughly.
3. Stir salt, sugar, nutmeg, and flour together and mix with peaches. (24 pounds of frozen peaches may be used. Omit sugar.)
4. Weigh 6 pounds mixture into each baking pan. Dot with fat.
5. Cover with pastry and bake at 450° F. 15 minutes. Reduce temperature to 350° F. and bake 25 minutes longer.

*As purchased, unprepared.

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MOLASSES DROP COOKIES

G-4

<i>100 Portions</i>	<i>Ingredients</i>	<i>----- Portions</i>	<i>Cost</i>
12 ounces	Fat		
9 ounces	Sugar, brown		
4	Eggs, beaten		
1½ cups	Molasses		
1½ pounds*	Flour		
1 tablespoon	Ginger		
1 tablespoon	Cinnamon		
2 teaspoons	Salt		
1½ tablespoons	Baking powder		
¾ teaspoon	Soda		
2 teaspoons	Vinegar		
1½ cups	Water		

Portion: 1 cookie.

Total cost

Cost per portion

1. Cream fat and sugar in mixer at low or second speed 3 to 5 minutes.
2. Add eggs and molasses and continue mixing until thoroughly blended.
3. Sift flour, spices, salt, baking powder, and soda together twice.
4. Combine vinegar and water.
5. Add sifted ingredients to creamed mixture in three portions alternately with liquid in two portions. Two cups raisins may be added, if desired.
6. Drop by teaspoonfuls onto greased baking sheets.
7. Bake at 350° F. 10 to 12 minutes.

*A little more flour may be necessary to make batter stiff enough to prevent cookies from running together.

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OATMEAL COOKIES

G-5

<i>100 Portions</i>	<i>Ingredients</i>	<i>..... Portions</i>	<i>Cost</i>
1 pound 10 ounces	Fat		
1 pound 10 ounces	Sugar		
5	Eggs		
2 pounds	Flour		
1½ tablespoons	Salt		
2½ teaspoons	Soda		
4 teaspoons	Cinnamon		
2 teaspoons	Cloves		
1 teaspoon	Nutmeg		
1 quart	Milk, sour		
5½ cups	Rolled oats		
3 cups	Raisins		

Portion: 2 cookies.

Total cost

Cost per portion

1. Cream fat and sugar in mixer at low or second speed 3 to 5 minutes.
2. Add eggs and mix well.
3. Sift flour, salt, soda, and spices together twice.
4. Add sifted ingredients to creamed mixture alternately with the milk. Add oats and raisins and blend thoroughly.
5. Drop by rounding teaspoonfuls onto greased baking sheets 1 inch apart.
6. Bake at 400° F. 12 to 15 minutes.
7. Three cups of chopped nuts may be added with the raisins, if desired.

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PEANUT BUTTER COOKIES

G-6

<i>100 Portions</i>	<i>Ingredients</i>	<i>----- Portions</i>	<i>Cost</i>
11 ounces	Table fat		
13 ounces	Peanut butter		
1 $\frac{1}{3}$ cups	Sugar, granulated		
1 $\frac{1}{3}$ cups	Sugar, brown		
4	Eggs		
1 pound	Flour		
2 teaspoons	Soda		
1 $\frac{1}{3}$ teaspoons	Baking powder		
1 teaspoon	Salt		

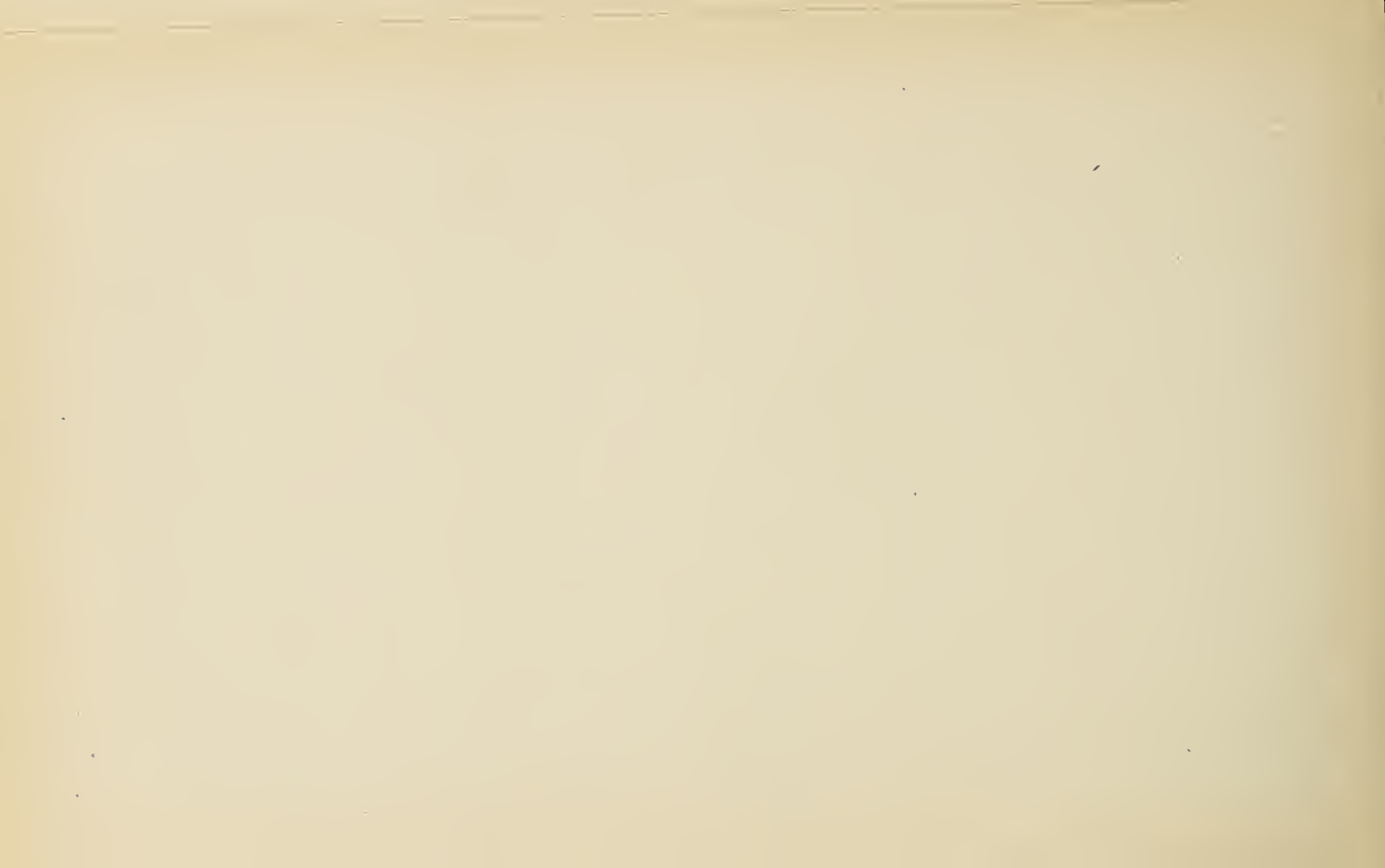
Portion: 2 cookies.

Total cost -----

Cost per portion -----

1. Cream fat and peanut butter with all of the sugar in mixer 3 to 5 minutes at low or second speed.
2. Add unbeaten eggs and continue mixing until thoroughly blended.
3. Sift flour, soda, baking powder, and salt together twice.
4. Add sifted dry ingredients to creamed mixture. Mix well.
5. Shape into rolls 2 inches in diameter, wrap in waxed paper, and chill overnight.
6. Cut into thin slices with a sharp knife.
7. Bake on greased baking sheets at 375° F. 10 to 12 minutes.

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BAKED CUSTARD

G-7

<i>100 Portions</i>	<i>Ingredients</i>	<i>----- Portions</i>	<i>Cost</i>
54	Eggs		
2 $\frac{1}{4}$ gallons	Milk*		
2 $\frac{1}{4}$ pounds	Sugar		
1 tablespoon	Salt		
$\frac{3}{4}$ cup	Vanilla		

Portion: $\frac{1}{2}$ cup.

Total cost -----

Cost per portion -----

1. Beat eggs enough to blend.
2. Add milk, sugar, salt, and vanilla. Mix until sugar is dissolved.
3. Pour $\frac{1}{2}$ cup of custard mixture into each baking cup; set cups in pans of hot water.
4. Bake at 350° F. 25 to 35 minutes or until set.

*Some baking time can be saved by heating the milk before using.

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BAKED RICE CUSTARD

G-8

<i>100 Portions</i>	<i>Ingredients</i>	<i>----- Portions</i>	<i>Cost</i>
24	Eggs		
1½ pounds	Sugar		
1 tablespoon	Salt		
1½ gallons	Milk*		
2 tablespoons	Vanilla		
1½ quarts	Rice, cooked		
1 quart	Raisins		
2½ tablespoons	Cinnamon		

Portion: Scant ½ cup.

Total cost -----

Cost per portion -----

1. Beat eggs, add sugar and salt. Blend until well mixed but not fluffy.
2. Add milk and vanilla.
3. Spread rice in baking pans, and sprinkle the raisins over the rice.
4. Pour the custard mixture over the rice and sprinkle with the cinnamon.
5. Set baking pans in pans of hot water and bake at 350° F. for about 35 minutes or until custard is set.

*Some baking time can be saved by heating the milk before using.

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FRUIT BETTY

G-9

<i>100 Portions</i>	<i>Ingredients</i>	<i>Portions</i>	<i>Cost</i>
20 to 25 pounds*	Apples or peaches		
2 to 3 pounds	Sugar		
$\frac{1}{3}$ cup	Cinnamon		
4 teaspoons	Salt		
2 $\frac{1}{2}$ gallons	Bread crumbs, coarse, dry		
1 $\frac{1}{2}$ pounds	Table fat, melted		
1 $\frac{1}{2}$ quarts	Water		

Portion: $\frac{1}{2}$ cup.

Total cost.....

Cost per portion.....

1. Peel and slice fruit.
2. Mix sugar, cinnamon, and salt together.
3. Place alternate layers of fruit and crumbs in greased baking pans. Sprinkle each layer with the sugar mixture and top with crumbs.
4. Pour melted fat over the top. Add water carefully at sides of pans.
5. Bake at 350° F. 45 minutes to 1 hour.
6. Serve with a sweet sauce or cream.

*As purchased, unprepared.

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FRUIT CUP

G-10

<i>100 Portions</i>	<i>Ingredients</i>	<i>----- Portions</i>	<i>Cost</i>
3 quarts	Pineapple, canned, diced		
3 quarts	Pears, canned, diced		
2 quarts	Peaches, canned, sliced		
1 quart	Orange sections*		
1½ quarts	Bananas, sliced		
3½ quarts	Apples, unpeeled, sliced		
3 quarts	Grapefruit sections†		
1½ quarts	Fruit juices		

Portion: ⅔ cup.

Total cost -----

Cost per portion -----

1. Drain fruits, reserving juices. Combine all fruits except grapefruit sections. Chill.
2. Place fruit in serving dishes, add juice to cover.
3. Top with grapefruit sections.

*Eight No. 150 (medium size) oranges yield 1 quart of sections.

†Eight No. 54 (medium size) grapefruit yield 3 quarts of sections.

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GINGERBREAD

G-11

<i>100 Portions</i>	<i>Ingredients</i>	<i>----- Portions</i>	<i>Cost</i>
2 pounds	Fat		
2 pounds	Sugar		
2 quarts	Molasses		
4½ pounds	Flour		
1½ cups	Cornstarch		
2½ tablespoons	Baking powder		
2 teaspoons	Salt		
3 tablespoons	Cinnamon		
3 tablespoons	Ginger		
2½ tablespoons	Soda		
2 quarts	Water, boiling		
16	Eggs, beaten		

1. Cream fat and sugar in mixer at low or second speed 3 to 5 minutes.
2. Add molasses and continue mixing until blended.
3. Sift flour, cornstarch, baking powder, salt, and spices together twice. Dissolve soda in boiling water.
4. Add dry ingredients in three portions to creamed mixture alternately with water in two portions.
5. Add eggs and mix until smooth. (This batter is very thin and lumps easily.)
6. Fill greased and floured baking pans one-half to two-thirds full. Bake at 350° F. about 30 minutes.

Portion: 2½ by 3 inches.

Total cost -----

Cost per portion -----

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CHOCOLATE PUDDING

G-12

<i>100 Portions</i>	<i>Ingredients</i>	<i>----- Portions</i>	<i>Cost</i>
1 pound	Cornstarch		
3¾ pounds	Sugar		
2 pounds	Cocoa		
1 tablespoon	Salt		
3 gallons	Milk		
⅓ cup	Vanilla		

Portion: ½ cup.

Total cost -----

Cost per portion -----

1. Mix dry ingredients together thoroughly.
2. Add 1½ quarts cold milk to dry mixture to make a smooth paste.
3. Scald remaining milk over hot water.
4. Add cocoa mixture, stirring rapidly with wire whip.
5. Cook 30 to 40 minutes, stirring constantly the first 20 minutes.
6. Remove from heat and add vanilla.
7. Pour into dessert dishes or individual molds. Cool.

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COTTAGE PUDDING

G-13

<i>100 Portions</i>	<i>Ingredients</i>	<i>----- Portions</i>	<i>Cost</i>
1½ cups	Fat		
3¾ pounds	Sugar		
10	Eggs, well beaten		
5¾ pounds	Flour		
4 teaspoons	Salt		
½ cup	Baking powder, phosphate		
1¾ quarts	Milk		
¼ cup	Vanilla		

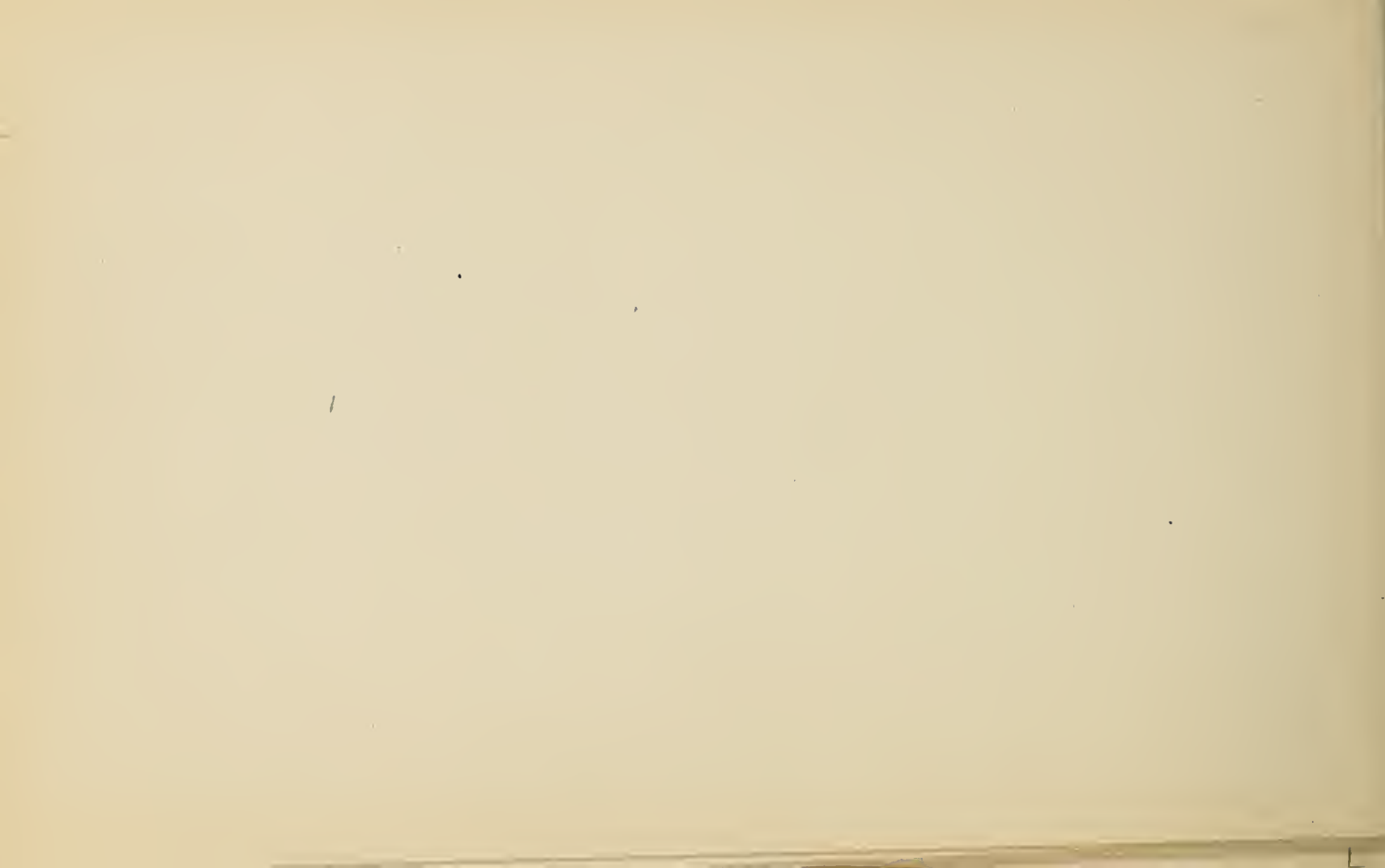
Portion: 2 by 3 inches.

Total cost -----

Cost per portion -----

1. Cream fat and sugar in mixer at first or second speed 3 to 5 minutes.
2. Add eggs and continue mixing.
3. Sift flour, salt, and baking powder together twice.
4. Add dry ingredients to creamed mixture in three portions alternately with milk in two portions.
5. Add vanilla and mix well.
6. Fill greased and floured baking pans one-half to two-thirds full. Bake at 375° F. 20 to 25 minutes.
7. Serve with custard sauce (card No. H-1).

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CREAMY RICE PUDDING ***G-14**

<i>100 Portions</i>	<i>Ingredients</i>	<i>----- Portions</i>	<i>Cost</i>
1 $\frac{1}{4}$ quarts	Rice, uncooked		
4 gallons	Milk, hot		
2 to 2 $\frac{1}{2}$ pounds	Sugar		
4 teaspoons	Salt		
1 teaspoon	Nutmeg		
1 $\frac{1}{4}$ quarts	Raisins		
$\frac{1}{4}$ cup	Vanilla		

Portion: $\frac{1}{2}$ cup.

Total cost -----

Cost per portion -----

1. Add rice to hot milk and bake, covered, at 250° F. 1 hour, stirring four times.
2. Combine sugar, salt, and nutmeg. Stir into rice mixture with the raisins and vanilla.
3. Bake, uncovered, 1 $\frac{1}{2}$ hours longer.

*This pudding should be prepared a day in advance to allow for full thickening.

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SOY CORNSTARCH PUDDING

G-15

<i>100 Portions</i>	<i>Ingredients</i>	<i>----- Portions</i>	<i>Cost</i>
1 $\frac{1}{4}$ pounds	Cornstarch		
1 $\frac{1}{4}$ cups	Soy flour		
2 $\frac{1}{2}$ pounds	Sugar		
2 teaspoons	Salt		
1 $\frac{1}{4}$ quarts	Water		
2 $\frac{1}{2}$ gallons	Milk		
$\frac{1}{4}$ cup	Vanilla		

Portion: Approximately $\frac{1}{2}$ cup.

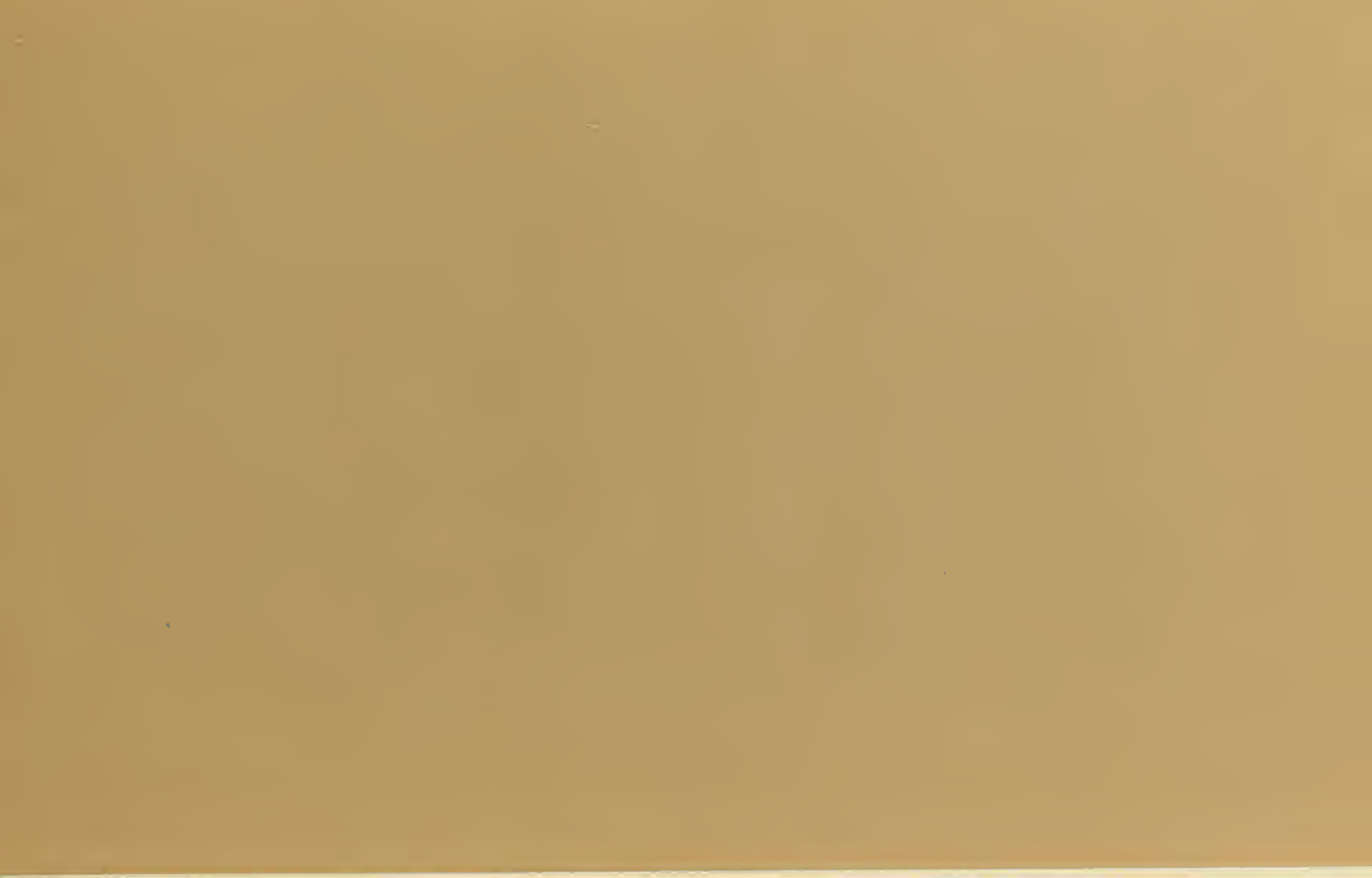
Total cost -----

Cost per portion -----

1. Blend cornstarch, soy flour, sugar, and salt with the cold water.
2. Heat milk over hot water, add cornstarch mixture, and cook until thickened. Stir constantly.
3. Cover and continue cooking 25 minutes. Stir occasionally.
4. Remove from heat and add vanilla.
5. Pour into dessert dishes or individual molds. Cool.

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CUSTARD SAUCE

H-1

<i>100 Portions</i>	<i>Ingredients</i>	<i>..... Portions</i>	<i>Cost</i>
1 $\frac{1}{4}$ gallons	Milk		
$\frac{1}{3}$ cup	Cornstarch		
1 $\frac{1}{2}$ cups	Sugar		
16	Egg yolks, well beaten		
1 $\frac{1}{2}$ teaspoons	Salt		
3 tablespoons	Vanilla		

Portion: $\frac{1}{4}$ cup.

Total cost

Cost per portion

1. Scald milk.
2. Mix the cornstarch and sugar together and add to the hot milk.
3. Cook 7 to 10 minutes over hot water, stirring constantly.
4. Add some of the cooked mixture to the egg yolks and blend.
5. Stir egg yolks slowly into the thickened mixture. Cook until thick, stirring constantly.
6. Remove from heat and add salt and vanilla.
7. Stir sauce occasionally as it cools.

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TOMATO SAUCE

H-2

<i>100 Portions</i>	<i>Ingredients</i>	<i>----- Portions</i>	<i>Cost</i>
1 No. 10 can	Tomatoes		
$\frac{2}{3}$ teaspoon	Cloves, ground		
$2\frac{2}{3}$ tablespoons	Celery leaves, dry		
$\frac{1}{3}$ cup	Onion, sliced		
$1\frac{1}{3}$ cups	Table fat		
$1\frac{1}{3}$ cups	Flour		
$2\frac{1}{3}$ teaspoons	Salt		

Yield: 1 gallon.

Total cost -----

Cost per portion -----

1. Cook tomatoes, cloves, and celery leaves 10 minutes.
2. Brown onion in fat; add flour and salt, blending well.
3. Add tomato mixture and cook, stirring until thick.
4. Run sauce through strainer to make it smooth and to remove celery leaves and onion.
5. This sauce may be used on Meat Balls (card No. C-15).

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WHITE SAUCE

H-3

<i>Ingredients</i>	<i>Thin</i>	<i>Medium</i>	<i>Thick</i>
Table fat	1 pound	2 pounds	2½ to 3 pounds
Flour	½ pound	1 pound	1½ pounds
Milk, hot	2 gallons	2 gallons	2 gallons
Salt	3 tablespoons	3 tablespoons	3 tablespoons
Parsley, chopped fine	½ cup	½ cup	½ cup

1. Melt fat, add flour gradually, blending to a smooth paste.
2. Stir rapidly into hot milk.
3. Cook until thickened, stirring constantly.
4. Remove from heat. Add salt and parsley.

Yield: 2 gallons.

